

The NEW
BUTTERICK
Cook Book



Caramel Filling

2 c brown sugar
1 c white sugar
1 c milk
2 T butter - 1 t vanilla
mix sugars, milk & butter
cook to soft ball stage (238)
Let stand 15 min. to cool
then ^{vanilla} beat until the right
consistency to spread.

Honey Pumpkin Pie

3 eggs - $1\frac{1}{2}$ cps. strained
pumpkin - $\frac{1}{2}$ t ginger
1 t cinnamon - 1 t salt
1 cp. strained honey -
1 cp. fresh milk - $\frac{1}{2}$ cps.
evaporated milk.

mix all together & bake
10 min. at 450 then
reduce heat to 325 to
finish baking.

Mrs. H. Kenneth Parker

Raisin Pie:

$1\frac{1}{2}$ c raisins

2 c water

$\frac{1}{2}$ c sugar

4 T flour

$\frac{1}{2}$ t cinnamon

$\frac{1}{4}$ t cloves

$\frac{1}{4}$ t salt.

Clean raisins & soak overnight
in the 2 c water - Put to cook
in same water & simmer till
tender. mix sugar, flour, spices
salt & add to raisins - cook
till thick. Put in a pastry lined
pan, cover with a top crust & bake
in a hot oven.

Pineapple Pie

1 $\frac{1}{4}$ c grated pineapple

$\frac{3}{4}$ c " " juice

$\frac{1}{4}$ c orange juice

1 t lemon juice

2 egg yolks beaten

$\frac{1}{4}$ t salt Pine butter
or Crisco

$\frac{1}{4}$ c sugar

2 T flour rounding

Mix flour, sugar, & salt add
t beaten egg yolks. and fruit
juices & mix well. Cook in
double boiler till thick.

Remove add butter & grated
pineapple. Put between two
Pastry crusts & bake in a
hot oven till done.

Ginger Bread

$\frac{3}{4}$ cp. brown sugar

$\frac{3}{4}$ cp. molasses

$\frac{3}{4}$ cp. butter or shortening

2 eggs

$2\frac{1}{2}$ cps flour "good"

2 teas. soda

$\frac{1}{2}$ teas. bhg. pdw.

$\frac{1}{2}$ teas. salt.

2 teas. ginger - $1\frac{1}{2}$ teas. cinnamon

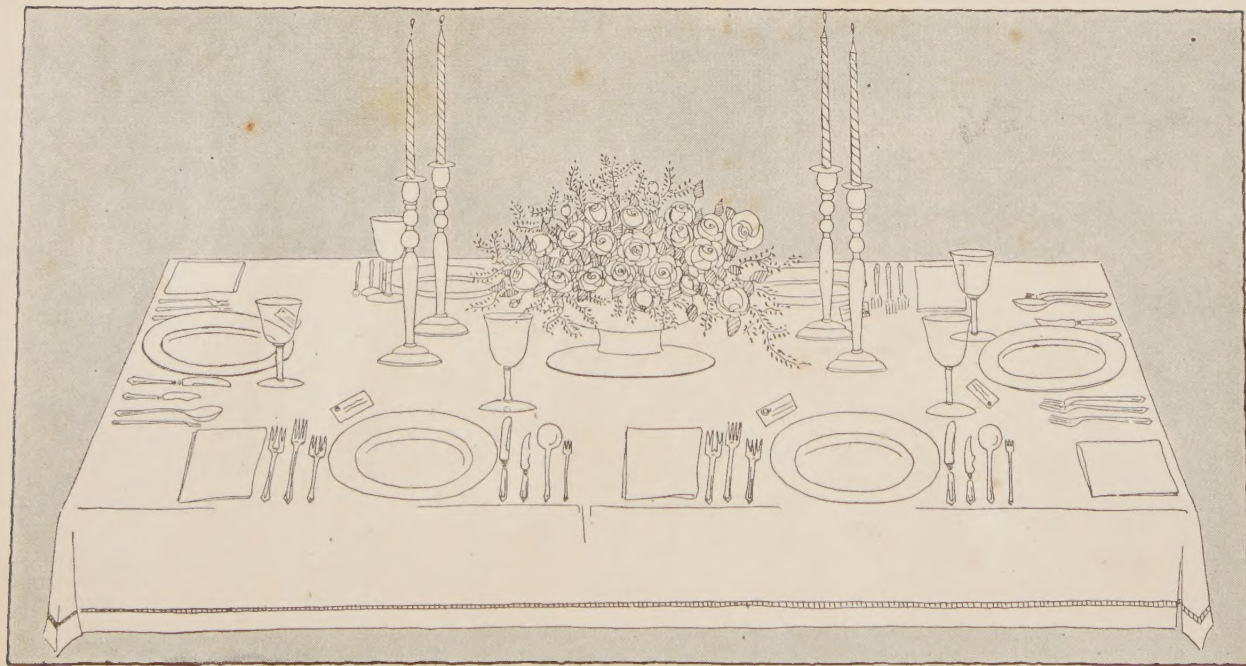
$\frac{1}{2}$ teas. nutmeg - $\frac{1}{2}$ teas. cloves

1 cp. hot water

Mix molasses, sugar & melted fat. add beaten eggs, sift dry ingredients & mix well into first mixture. Stir in hot water. Bake 30 to 40 min in a moderate oven

Filling

Pdw. sugar, butter, cream
- ground raisins.



The careful hostess provides uncrowded effects and ample spacing even for the most formal dinner. The silver at each cover in this illustration consists of forks for fish, roast, and salad, knives for roast and fish, soup-spoon, and oyster-fork.

The New
BUTTERICK
COOK-BOOK

Revised and Enlarged

BY

FLORA ROSE

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Cornell University*

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P R E F A C E

COOKING has always seemed to me one of the most alluring meeting-places of science and art. To be able to combine the same ingredients, but in different proportions, and secure by choice a cake, or doughnuts; muffins, or popovers; biscuits, or pastry; seems little short of a miracle.

I can recognize cooking as an art and a great art when I see the effects which differences in manipulation have on each of these products. Give to a dozen different housekeepers the same recipe and though, if the original proportions and directions are correct, each may make an excellent product, nevertheless each product will express its creator. That is part of the joy of cooking—there is always leeway for individual expression.

It is the aim of the new BUTTERICK COOK-BOOK to give well-proportioned recipes and careful directions to develop the technique of good cooking. In addition the chapters have been written with the idea of giving whenever possible the reasons for doing things, and in this way supplying the basis for scientific food preparation which the ambitious housekeeper may easily acquire.

The best of the original BUTTERICK COOK-BOOK has been retained. The book, however, has been rewritten by Miss Flora Rose, nutrition specialist and co-head of the School of Home Economics at Cornell University, with the assistance of the food staff in that institution. Recipes have been tested and principles of cookery have been introduced which form the basis of the training given in the laboratories of the University.

It is hoped that the new BUTTERICK COOK-BOOK will be valuable to the housewife. It is also commended to the schools of the country where principles of food preparation form a part of the course of study.

Martha Van Hook
Home-making Editor of THE DELINEATOR

Fluit Tea Cake

Roll into fine crumbs 2 c corn flakes.
Mix with $\frac{1}{2}$ c sugar - $\frac{3}{4}$ T cinnamon -
+ 1 mix well 2 T melted butter. Let
stand until needed - Grease a deep
9" layer cake pan - Turn on oven +
set at 400°F . - Mix tog. in bowl
2 c prepared biscuit flour - $\frac{1}{2}$ c sugar
stir in mixture of 1 beaten egg - 6 T
fat milk - 6 T peach juice. Mix quickly
but thoroughly. Spread evenly in pan
sprinkle corn flake mixture over batter
smoothing with back of spoon - Arrange
in circle on top of corn flake mixture $\frac{1}{2}$
cups canned sliced peaches well drained
Bake 45 min. or till crumbs are
brown - Serve warm.
use 6 T shortening if plain flour is used.

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USEFUL FACTS ABOUT FOOD

USE OF RECIPES

TO BECOME a good cook requires more than the blind following of a recipe. This is frequently illustrated when several women living in the same community, all using the same recipe, obtain widely differing results. It is the reason so many cooks say, "I had good luck with my cake to-day," or "I had bad luck with my bread yesterday." Happily, luck causes neither the success nor the failure of a product. To become a good cook means to gain a knowledge of foods and how they behave, and skill in manipulating them; in other words, good cooking is both a science and an art. The recipe by itself, helpful as it is, will not produce a good product; the human being using the recipe must interpret it and must have skill in handling the materials it prescribes.

Some of the lessons which the person desiring to become a good cook should learn while she is experimenting with recipes are given in the following pages. They will not be learned all at once; but if they are gradually mastered, luck will play a less important part in general conversation.

Terms Describing Methods of Cooking Foods

Boiling is cooking in a bath of water at a temperature of 212° Fahrenheit. At this temperature water will bubble vigorously and as these bubbles come to the surface of the water steam is given off. (In mountainous regions, where the boiling-point is affected by atmospheric pressure, allowance must be made for the variation.)

Simmering is cooking in water at a temperature of 180° F. to 210° F., or below the boiling-point of water. Only an occasional bubble is formed and rises slowly to the surface. "When the pot boils it laughs, when it simmers it smiles."

Stewing is cooking in a small amount of water. The water may boil or simmer, as indicated for the food to be cooked.

Steaming is cooking in the steam generated by boiling water.

Pressure cooking is cooking in steam or water at a pressure of 5 to 30 pounds and at temperatures 228° F. to 274° F. The rise in the temperature of the water is caused by holding it under pressure. A special cooker is necessary for this cooking. From 10 to 15 pounds (240° to 250° F.) is the pressure ordinarily used for household purposes.

Live-steam cooking is cooking in steam produced by water under pressure, as in a pressure cooker, or cooking in a vessel surrounded by steam produced under pressure. It is a common method of cooking in hotels but not in the home.

Broiling is cooking over or under a fire of live coals or a gas burner, or other direct heat.

Pan broiling is cooking in a hot griddle or pan greased only enough to prevent food from sticking.

Roasting as now used means the same as baking. Originally it meant cooking before an open fire and was similar to broiling.

Baking is cooking in the oven. The temperature of baking varies with the food to be prepared. A slow oven should be from 250° F. to 350° F. A moderate oven should be from 350° F. to 400° F. A hot oven should be from 400° F. to 500° F.

Frying is cooking in a bath of hot fat at a temperature of from 300° F. to 400° F., depending on the nature of the food to be cooked. The article to be cooked is immersed in the fat.

Sautéing is cooking in a small quantity of fat. The article to be cooked must be shifted from side to side to come in contact with the fat. Sautéing is a cross between pan broiling and frying.

Braising is a combination of stewing or steaming with baking. The food to be braised is first stewed or steamed and then baked.

Fricasseeing is a combination of sautéing with stewing or steaming. The food to be fricasseed is first sautéed, then stewed or steamed.

Fireless cooking is a means for conserving and carrying on heat which has been produced by any of the methods described above. It is accomplished by surrounding the thoroughly heated food with some insulating material to keep the heat from being lost rapidly. Hot stones may be included in the device to give added heat as well as added time of retention of heat.

Terms Describing Methods of Mixing Food

Stirring—Food is stirred by a rotary motion of the arm. Its purpose is to mix thoroughly all ingredients.

Beating—Food is beaten when the motion in mixing brings the contents of the bottom of the bowl to the top and there is a continual turning over and over of a considerable part of the contents of the bowl. Its purpose is to enclose a large amount of air.

Folding and cutting in—Two foods are blended by putting the spoon or egg whip vertically down through the foods, turning it under the mass, and bringing it vertically up. This process is repeated until the mixing is complete. Its purpose is to prevent the escape of air or gases that have already been introduced into the mixture.

Kneading—A stretching motion applied to doughs when more flour is to be added than can be either stirred or beaten into the mixture; or used to make a dough smooth and even in consistency.

Larding—A process of inserting match-like strips of salt pork about one-fourth inch in thickness into a dry meat or fish. These strips are called lardons, and are inserted into the meat either by making an incision in the meat and laying the lardon in the slashing or by the use of a larding-needle. The pork is clamped into one end of the needle and is threaded into the meat, as in any sewing process.

Experience Tests for Cooking Many Common Foods

For best results in cooking, exact temperatures should be known and followed. The time will come when every housekeeper will own at least two thermometers: An oven thermometer or an oven-heat regulator; and a thermometer for sugar cookery, deep-fat frying, and jelly-making, which will register up to 500° Fahrenheit.

If these devices are not available, the next best thing is to seek to develop delicacy of feeling which will detect differences in temperatures.

A great deal of experimenting has proved conclusively that many of the following experience tests are unreliable until the cook becomes skilful. It shows further that many cooks never become skilful in using the experience tests.

Tests for oven temperatures—Heat the oven and place a piece of white paper on the lower shelf with the door closed.

If it becomes evenly and delicately browned in five minutes, it is the proper temperature for foods which require a slow oven (250° to 350° F.).

If it becomes medium brown in five minutes, it is a moderate oven (350° to 400° F.).

If it becomes a dark brown in five minutes, it is a hot oven (400° to 500° F.).

These tests are very inaccurate, as different kinds of paper brown to different degrees in the same length of time.

Tests for determining when bread and cakes are done—

1. When the color is a rich golden brown.
2. When the mixture shrinks away from the sides of the pan.
3. When the sides of the pan sizzle when touched with a damp finger.
4. When a clean toothpick inserted comes out free from any particles of the mixture.
5. When a cake springs back without leaving an impression when pressed gently on top.
6. When the loaf of bread gives a hollow sound on tapping.

Tests for temperatures of fat in deep-fat frying—An inch cube of bread dropped into hot fat should become golden brown in: 1¹/₄ to 2 minutes for raw dough mixtures, as crullers, fritters, and the like.

75 to 90 seconds for smaller pieces of uncooked food.

60 to 80 seconds for cooked mixtures, as croquettes, fish-balls.

Count the seconds by counting one hundred and one, one hundred and two, etc.

The temperature may also be tested by dropping into the fat a small piece of the material to be cooked. When it rises to the top, bubbles vigorously and browns moderately quickly, the fat is hot enough.

Tests for sugar cooking—

The soft-ball stage—A little sirup dropped in ice-cold water will form a soft ball which loses its shape when removed from the water. For fondant, fudge, marshmallows, and boiled frostings with 1 egg-white to 1 cup sugar.

The hard-ball stage—A little sirup dropped into ice-water will form a hard ball which retains its shape out of the water. For caramels and boiled frostings with 2 egg-whites to 1 cup sugar.

The soft-crack stage—A little sirup dropped into ice-water will form spirals or threads which are brittle under water but which soften out of water and stick to the teeth when chewed. For hard candies to be pulled and boiled frostings with 3 egg-whites to 1 cup sugar.

The hard-crack stage—The sirup dropped into ice-water forms spirals or threads which when chewed are brittle and do not stick to the teeth. For clear brittle candies.

Tests for jelly—When jelly is done, it will form heavy drops on the edge of a spoon or blade of a knife. It is then said to "sheet." The mixture boils heavily and the bubbles are large and form slowly.

Temperatures and Lengths of Time for Cooking Many Common Foods

General Processes		Degrees Fahrenheit
Blood heat		98.4
Raising bread (room temperature)		80 to 104
Cheese-making (depending on acidity)		98 to 140
Coagulation of egg	begin 133, complete 160	
Cooking custards		180 to 200
In top of double boiler.		192 to 201
Simmering		180 to 210

	Degrees Fahrenheit
Boiling (water)	212
Slow oven for baking	250 to 350
Moderate oven for baking	350 to 400
Quick or hot oven for baking	400 to 450
Very hot oven for baking	450 to 500
Fat for deep-fat frying	300 to 400

Baking

BATTERS AND DOUGHS

	Degrees Fahrenheit	Total time, minutes
Baking-powder biscuits	450 to 460	12 to 15
Batter puddings	375 to 400	35 to 45
Bread	350 to 400	45 to 60
Butter-cakes (loaf)	360 to 400	40 to 60
Butter-cakes (layer)	380 to 400	20 to 30
Cake, Angel	330 to 360	50 to 60
Cake, fruit	275 to 325	3 to 4 hours
Cake, sponge (loaf)	300 to 350	40 to 60
Cake, sponge (sheet)	340 to 360	25 to 30
Cakes (small)	350 to 400	15 to 25
Cookies (thin, rolled)	380 to 390	10 to 12
Cookies (molasses)	350 to 375	18 to 20
Cream puffs	300 to 350	45 to 60
Gingerbread	360 to 380	30 to 40
Graham bread	350 to 400	45 to 60
Meringues	250 to 300	40 to 60
Meringues on pies and puddings	300 to 350	8 to 10
Muffins (yeast)	400 to 425	20 to 30
Muffins (baking-powder)	400 to 425	20 to 25
Pie crust (large pies)	400 to 500	20 to 40
Pie crust (tarts)	400 to 450	15 to 20
Popovers	350 to 450	35 to 40
Rolls	400 to 425	20 to 25

ROASTS OF MEAT AND POULTRY

	Degrees Fahrenheit	Minutes per pound
Beef (rare)	{ 450-500 first 15 mins.	10 to 12
	{ 300 to 350 rest of time	plus 15
Beef (medium)	{ 450 to 500 first 15 mins.	12 to 15
	{ 300 to 350 rest of time	plus 15
Beef, rolled (rare)	350 to 480	12 to 15
Beef, rolled (well done)	350 to 480	15 to 20
Beef fillet (rare)	350 to 480 . Total time	20 to 30 mins.

	Degrees Fahrenheit	Minutes per pound
Beef fillet (well done)	350 to 480	Total time 50 to 60 mins.
Ham (well done)		Total time { 4 hrs. boiled, then 2 hrs. baked
Lamb (well done)	350 to 480	20 to 24
Crown roast of lamb or mut- ton	350 to 480	25 to 30
Breast of mutton (stuffed)	350 to 480	20 to 25
Leg of mutton (well done)	350 to 480	18 to 20
Pork (well done)	350 to 480	20 to 25
Veal (well done)	350 to 480	20 to 30
Chicken	350 to 480	15 to 20
Fowl	350 to 480	20 to 25
Turkey	350 to 480	15 to 25
Goose	350 to 480	20 to 25
Duck	350 to 480	20 to 25

BAKED FISH

	Degrees Fahrenheit	Minutes
Large fish	350 to 425	15 to 20 per lb.
Small fish or fillets	350 to 425	20 to 30, total time

BAKED VEGETABLES AND FRUITS

	Degrees Fahrenheit	Total time, minutes
Apples	350 to 375	20 to 40
Bananas	400 to 450	15 to 20
Pears	350 to 375	45 to 60
Potatoes (baked in skins)	400 to 450	45 to 60
Potatoes (scaloped)	350 to 400	80 to 90
Sweet potatoes	400 to 450	30 to 40
Tomatoes	350 to 400	30 to 35

BAKING MISCELLANEOUS FOODS

	Degrees Fahrenheit	Total time, minutes
Beans with pork	250 to 350	6 to 8 hrs.
Bread pudding (surrounded by water)	250 to 350	45 to 60
Custard (surrounded by water)	240 to 325	35 to 45
Custard in cups (surrounded by water)	240 to 325	20 to 25
Baked eggs (soft-cooked)	250 to 350	6 to 10
Baked eggs (hard-cooked)	250 to 300	25 to 40
Indian pudding (baked)	250 to 350	2 to 3 hrs.
Rice or tapioca pudding	250 to 350	60 to 75
Scalloped dishes (not potatoes)	250 to 350	15 to 20
Scalloped oysters	250 to 350	25 to 30

Simmering or Boiling

The temperature for simmering is given for meat, as it is better when simmered than when boiled.

MEAT, POULTRY AND FISH

	Simmering temperature, degrees Fahrenheit	Total time, minutes
Chicken (3 pounds)	180 to 210	1 to 1½ hr.
Cod (about three pounds)	180 to 210	20 to 30
Corned meat	180 to 210	30 to 40 per lb.
Fish (2 to 5 pounds)	180 to 210	30 to 45
Fowl (4 to 5 pounds)	180 to 210	2 to 5 hrs.
Haddock	180 to 210	10 to 15 per lb.
Halibut	180 to 210	10 to 15 per lb.
Ham (12 to 14 pounds)	180 to 210	4 to 5 hrs.
Meats (large pieces or pot roasts)	180 to 210	2 to 6 hrs.
Ox tongue	180 to 210	3 to 4 hrs.
Salmon	180 to 210	10 to 15 per lb.
Swiss steak	180 to 210	2 hrs.
Turkey (10 pounds)	180 to 210	3 to 3½ hrs.

VEGETABLES

	Boiling temperature, degrees Fahrenheit	Total time, minutes
Artichokes	212	30 to 40
Asparagus	212	15 to 30
Beans (shell or string)	212	20 to 90
Beets (young)	212	30 to 50
Beets (old)	212	2 to 4 hrs.
Beet greens	212	15 to 30
Brussels sprouts	212	15 to 20
Cabbage	212	15 to 60
Carrots	212	15 to 60
Cauliflower	212	15 to 30
Celery	212	15 to 30
Corn	212	7 to 12
Cucumber	212	15 to 20
Dandelion greens	212	15 to 30
Eggplant (stuffed)	212	45 to 60
Lentils	212	1½ hr., up
Okra	212	20 to 30
Onions	212	30 to 60
Parsnips	212	30 to 60
Peas	212	10 to 30

	Boiling temperature, degrees Fahrenheit	Total time, minutes
Potatoes (boiled)	212	30 to 45
Spinach	212	15 to 30
Sweet potatoes (boiled)	212	30 to 45
Salsify	212	30 to 45
Squash, summer (steamed)	212	15 to 30
Squash, winter (steamed)	212	1 to 2 hrs.
Tomatoes (stewed)	212	15 to 20
Turnips	212	30 to 60

EGGS

	Degrees Fahrenheit	Total time, minutes
Soft-cooked (coddled)	180 to 200	6 to 10
Soft-cooked (boiled)	212	2 to 4
Hard-cooked (coddled)	190 to 200	30 to 45
Hard-cooked (boiled)	212	20 to 30

MISCELLANEOUS

	Degrees Fahrenheit	Total time, minutes
Coffee	212	1 to 3
Macaroni and spaghetti	212	25 to 35
Rice	212	20 to 30

Broiling

	Total time, minutes		Total time, minutes
Chicken	20	Shad, whitefish, bluefish	15 to 20
Fish (slices)	5 to 15	Squab	10 to 20
Lamb or mutton chops	6 to 12	Steak (1 inch thick)	4 to 10
Liver	4 to 10	Steak (1½ inch thick)	8 to 15
Quail	10 to 20		

Frying

	Degrees Fahrenheit	Total time, minutes
Breaded chops	350 to 375	5 to 8
Doughnuts	350 to 390	1 to 1½
Fishballs	350 to 390	1 to 2
Fritters	350 to 395	1 to 2
Potatoes (raw)	400	4 to 8
Small fish and smelts	375	3 to 5
Timbales	415	3 to 5

Jelly-Making

	Cook up to, degrees Fahrenheit		Cook up to, degrees Fahrenheit
Blackberry . . .	221 to 222	Grape	220 to 222
Crab-apple . . .	222 to 224	Quince and apple .	219 to 221
Currant	218 to 220		

Jams and Preserves

	Cook up to, degrees Fahrenheit		Cook up to, degrees Fahrenheit
Gooseberry jam	218	Plum conserve	216
Peach jam	220	Orange marmalade . .	220 to 222
Raspberry jam	214	Strawberry preserves .	221
Strawberry jam	220	Pickled peaches . . .	224

Candy and Frosting

	Cook up to, degrees Fahrenheit
Fondant (thread stage)	230 to 236
Fondant (soft-ball stage).	238 to 240
Fudge (soft-ball stage)	234 to 240
Marshmallows (soft-ball stage)	238 to 240
Caramel mixtures (medium hard-ball stage)	246 to 252
Molasses taffy (hard-ball stage)	254 to 260
Toffee and butterscotch (soft-crack stage)	270 to 280
Hard candies to be pulled (hard-crack stage)	280 to 290
Clear brittle candies (hard-crack stage)	290 to 310
Caramelized sugar	320 to 354
Boiled Frosting: 1 egg-white to 1 cup sugar	238 to 242
2 egg-whites to 1 cup sugar	244 to 248
3 egg-whites to 1 cup sugar	254 to 260

Relative Temperature, Coal and Gas Oven

In general, it may be said that the baking temperature for the oven of a coal-range is about 85 per cent. of the temperature needed in a gas-oven.

Aside from controlling the fire, much can be done to produce evenness of baking in the oven. A perfectly constructed oven will bake the cake, for example, so that it will rise evenly and brown the same on all sides. If it does not do this, the cake pan must be shifted from time to time. At the end of given minutes it is well to turn the pan one-half way around and turn again when partly browned. If it bakes too fast on the bottom, a pan of water may be placed on the floor of the oven or a thin sheet of asbestos slipped underneath the pan; if too fast on the top, a sheet of paper or asbestos may be placed above.

MEASUREMENTS AND EQUIVALENTS

Learn to measure accurately—All the measurements in this book and in most standard cook books and magazines are level. It will not do to use a heaping teaspoonful, tablespoonful or cupful when a level one is meant. To change proportions by wrong measuring causes poor results, for example:

Too much flour will make a cake dry and crumbly, bread solid and heavy, sauces **thick and pasty**.

Too much fat will make cakes oily and may cause them to fall. It will make grease-soaked doughnuts and greasy gravies and sauces.

Too much sugar will make a cake with a hard crust, or a sticky cake. It makes a **soft, sticky jelly**.

Too much liquid will make a cake that falls easily.

Too much soda gives a disagreeable taste and bad color to breads and cakes.

Have accurate equipment for measuring, as follows:

1. A measuring-cup holding one-fourth quart and divided by ridges on one side into thirds and on the other side into fourths.
2. A quart measure divided by ridges into fourths. Each fourth is a cupful.
3. A standard tablespoon that holds one-sixteenth of a cup.
4. A standard teaspoon that holds one-third of a tablespoon.
5. A tested scale.

To measure dry material, fill the cup, spoon or other measure to overflowing, then pass a spatula or the straight edge of a knife over the top, leveling the material. For an accurate half-teaspoon or tablespoon of dry material, fill spoon as above, then, owing to the difference in capacity of the tip and bowl of the spoon, divide the material in halves lengthwise.

To measure liquids, fill the measure with all it will hold.

Food Data for the Housewife

In this table, and wherever equivalents are given in this book, the calculations are based on articles of medium size. These equivalents are not, of course, offered as exact, but merely as a guide for the housewife in estimating quantities.

ALMONDS (shelled)—1 lb. = $2\frac{1}{2}$ cups.

APPLES (dried)—1 lb. = 5 cups. 1 bushel = about 25 lb. About double in bulk when cooked.

APPLES (fresh)—1 lb. = 2 to 3 apples. 1 bushel = 44 to 50 lb.

APRICOTS (fresh)—1 lb. = about 6 apricots.

APRICOTS (dried)—1 lb. = about 3 cups. Double in bulk when cooked.

- BACON (medium strip)—1 lb. = 30 full thin slices.
BACON (wide strip)—1 lb. = about 15 thin slices.
BANANAS—1 lb. = about 3 bananas.
BEANS (dried)—1 lb. = about 2 cups. Increase 2 to 3 times in bulk in cooking.
BEANS, LIMA (dried)—1 lb. = about $2\frac{1}{3}$ cups. Increase 2 to 3 times in bulk in cooking.
BEANS (fresh)—1 qt. will serve 6 persons. 1 bushel = 60 lbs.
BEEF (raw)—1 lb. (lean) when cooked makes from 3 to 4 servings.
BEETS—1 lb. = 2 to 3 beets. 1 bushel = 50 to 60 lbs.
BREAD—1 $\frac{1}{4}$ -lb. loaf = about 15 slices $\frac{1}{2}$ inch thick. 2-lb. loaf = about 24 slices $\frac{1}{2}$ inch thick.
BREAD (sandwich)—1 loaf = 36 to 40 slices $\frac{1}{4}$ -inch thick.
BUTTER—1 lb. = about 2 cups.
CARROTS—1 lb. = 3 to 5 carrots. 1 bushel = 50 lbs.
CAULIFLOWER—A head may weigh 1 to 3 lbs. or more.
CHEESE (cottage)—1 lb. = 2 cups.
CHERRIES (candied)—1 lb. = about 120 cherries.
CHERRIES (Maraschino)—1 qt. = 60 to 70 cherries.
CHOCOLATE—1 lb. = 16 squares. 1 square grated = 5 tablespoons.
COCOA—1 lb. = $4\frac{1}{2}$ cups.
COCONUT (shredded)—1 lb. = 6 cups.
COFFEE (ground)—1 lb. = 5 cups.
CORN-MEAL—1 lb. = 3 cups.
CORN-STARCH—1 lb. = 3 cups.
CRACKERS (graham)—1 lb. = about 40 crackers.
CRACKERS (oyster)—1 lb. = 450 to 500 crackers.
CRACKERS (saltine)—1 lb. = about 125 crackers.
CRACKERS (soda)—1 lb. = 70 to 90 crackers.
CRANBERRIES—1 lb. = about 4 cups. 1 bushel = 32 to 40 lbs.
CREAM (thick)—Almost doubles in bulk in whipping.
CURRANTS (dried)—1 lb. = about $2\frac{2}{3}$ cups.
DATES—1 lb. = 50 to 60 dates.
EGG-WHITES—1 cup = 8 to 11 whites.
EGG-YOLKS—1 cup = about 12 yolks.
EGGS (whole)—1 cup = 4 to 6 eggs. 1 lb. = 8 to 9 eggs.
FIGS (pressed)—1 lb. = 25 to 30 figs.
FLOUR (white)—1 lb. = about 4 cups.
FLOUR (graham)—1 lb. = about $4\frac{1}{2}$ cups.
LARD—1 lb. = 2 cups.
LEMONS—1 lb. = 3 to 5 lemons. 1 cup lemon-juice requires about 4 juicy lemons. 1 juicy lemon gives about 4 tablespoons of juice.
OATS (rolled)—1 lb. = about $5\frac{1}{2}$ cups.
OATMEAL—1 lb. = about 3 cups.
OILS—1 lb. = 2 cups.
OLIVES—1 qt. = 60 to 70 olives.

ONIONS—1 lb. = 4 to 12 onions. 1 bushel = 50 to 57 lbs.
 ORANGES—1 lb. = 2 to 3 oranges.
 OYSTERS—1 qt. = 40 to 60 oysters.
 PARSNIPS—1 lb. = 2 to 5 parsnips. 1 bushel = 42 to 50 lbs.
 PEACHES (fresh)—1 lb. = 3 to 5 peaches. 1 bushel = 45 to 50 lbs.
 PEACHES (dried)—1 bushel = 33 lbs. About double in bulk when cooked.
 PEANUTS (shelled)—1 lb. = about $2\frac{2}{3}$ cups.
 PEANUT BUTTER—1 lb. = about $1\frac{3}{4}$ cups.
 PEARS—1 lb. = 3 to 4 pears. 1 bushel = 45 to 58 lbs.
 PEAS (in pod)—1 lb. = 2 to 3 servings. 1 bushel = 60 lbs.
 PECANS (shelled)—1 lb. = 3 to 4 cups.
 POTATOES (Irish)—1 lb. = 2 to 4 potatoes. 1 bushel = 60 lbs.
 POTATOES (sweet)—1 lb. = 2 to 3 potatoes. 1 bushel = 50 to 56 lbs.
 PRUNES—1 lb. = 20 to 80 prunes, average 40 to 60.
 RAISINS (seedless)—1 lb. = about $2\frac{2}{3}$ cups.
 RICE—1 lb. = 2 cups.
 SPINACH—1 lb. = about $2\frac{1}{2}$ quarts (uncooked). 1 lb. makes 3 to 4 servings.
 SUGAR (granulated)—1 lb. = about 2 cups.
 SUGAR (brown)—1 lb. = $2\frac{1}{2}$ to $2\frac{3}{4}$ cups, depending on moisture.
 SUGAR (powdered)—1 lb. = $2\frac{1}{2}$ to $2\frac{3}{4}$ cups.
 SUGAR (loaf)—1 lb. = 50 to 70 lumps.
 TAPIOCA—1 lb. = $2\frac{1}{2}$ cups.
 TEA—1 lb. = $6\frac{1}{2}$ cups.
 TOMATOES—1 lb. = 2 to 5 tomatoes. 1 bushel = 50 to 60 lbs.
 TURNIPS—1 lb. = 2 to 3 turnips. 1 bushel = 50 to 60 lbs.
 WALNUTS (shelled)—1 lb. = about 4 cups.

EQUIVALENT MEASURES AND WEIGHTS

3 teaspoons . . .	1 tablespoon	4 cups . . .	1 quart
4 tablespoons . . .	$\frac{1}{4}$ cup	2 pints . . .	1 quart
16 tablespoons . . .	1 cup	4 quarts . . .	1 gallon
$\frac{1}{2}$ cup . . .	1 gill	8 quarts . . .	1 peck
4 gills . . .	1 pint	4 pecks . . .	1 bushel
2 cups . . .	1 pint	16 ounces . . .	1 pound

WEIGHTS AND MEASURES OF SPICES

One ounce of:	MUSTARD = $4\frac{5}{8}$ tablespoons
ALLSPICE (ground) = 4 tablespoons	MUSTARD SEED = $2\frac{1}{2}$ tablespoons
BAKING-POWDER = 3 tablespoons	PEPPER (whole) = 4 tablespoons
CELERY SEED = 4 tablespoons	PEPPER (black) = $4\frac{1}{3}$ tablespoons
CINNAMON = 4 tablespoons	SALT = $1\frac{3}{4}$ tablespoons
CLOVES (ground) = 4 tablespoons	SODA = $2\frac{1}{2}$ tablespoons
CREAM OF TARTAR = 3 tablespoons	VANILLA (liquid) = 2 tablespoons
1 NUTMEG (grated) = $2\frac{3}{4}$ tablespoons	

USEFUL FACTS ABOUT STARCH

Some of the foods which are used most frequently are rich in starch; for instance:

<i>Flour</i>	<i>Vegetables</i>	<i>Breakfast Foods</i>	<i>Miscellaneous</i>
White	Potatoes	Wheat	Chocolate
Whole wheat	Sweet potatoes	Oat	Cocoa
Graham		Corn-meal	Macaroni
Buckwheat	<i>Legumes</i>	Rice	Vermicelli
Rice	Dried peas	Barley	Spaghetti
Corn	Dried beans		Corn-starch
Rye	Lentils		Tapioca
Barley			Sago
			Chestnuts

Starch-rich foods must be cooked thoroughly if they are to have fine flavor and be easily digested. This is because starch occurs in foods in the form of tiny, hard, dry grains or granules which are not soluble in cold water and which are difficult for the digestive juices to act upon. When starch is cooked, it is easy to digest and much improved in flavor, because cooking changes the form of the starch.

When starch is cooked in liquid, the heat causes the starch grain or granule to absorb liquid, swell and soften. When flour or corn-starch or any other finely divided meal is cooked in a liquid, it thickens the liquid.

When starch is cooked by dry heat, that is, with very little moisture, the heat, unless it is great enough to burn the starch, breaks down the starch grain and changes the starch to a substance called dextrin. Dextrin does not thicken liquid. Dextrin, like starch cooked in water, has a better flavor and is easier to digest than raw starch.

The baking of a loaf of bread illustrates both these changes. The starch in the dough in the inside of the loaf absorbs the water used in making the dough and swells and softens. The water in the dough on the outside of the loaf evaporates and the starch in the outer layers of dough is partly changed to dextrin. As a result, the crust has more flavor and is sweeter than the crum, and has a different texture.

In baking a potato, the water for cooking the starch is supplied by the potato itself.

Points to be Observed

1. Enough water should be used, in cooking starch-rich foods, to soften all the starch present. This is especially important in cooking breakfast foods or cereals or mushes.

2. Starch-rich foods should be cooked for a long enough time to swell and soften the starch. A temperature as high as the boiling-point of water, 212° F., is best for this cooking.

3. When flour or finely ground meal is to be mixed with a hot liquid, the particles should be separated before they reach the hot liquid, or

gummy lumps with raw centers will be formed. This separation of the particles of flour or meal can be accomplished by mixing the flour or meal with enough cold liquid to make a mixture as thin as cream, or by combining them with sugar or with fat before mixing them with the hot liquid. Lumpy gravies, sauces, mushes and puddings are caused by a failure to observe these precautions.

4. A double boiler is the best utensil to use in cooking cereals, mushes and starchy sauces because it does away with the danger of sticking and burning. The water in the lower part of the boiler should be boiling.

Thickening Power of Flour or Corn-starch

This is one of the most important things for a good cook to know. If the cook can tell how much flour or corn-starch to use to make sauces or pastes of any desired thickness and knows how to mix and cook these sauces and pastes to make them smooth, velvety and fine in flavor, he or she has learned one of the hardest cooking lessons and is in possession of information that will help in making a great variety of dishes.

With each cup of liquid:

$\frac{1}{2}$ tablespoon flour or $\frac{1}{2}$ teaspoon corn-starch	{ Makes a very thin sauce, which may be used in making thin cream soups.
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1 tablespoon flour or 1 teaspoon corn-starch	{ Makes a thin sauce, which may be used in making cream soups of aver- age thickness.
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2 tablespoons flour or 2 teaspoons corn-starch	{ Makes a medium sauce, which may be used for creamed meats or vegetables, scalloped dishes, gravies or other sauces where a medium thickness is desired. It has about the thickness of heavy cream.
---	---

3 tablespoons flour or 1 tablespoon corn-starch	{ Makes a thick sauce, which may be used for creamed meats or vegetables, scalloped dishes, gravies or sauces where a thick sauce is desired. A sauce containing this amount of flour has considerable body and spreads rather than runs.
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5 tablespoons flour or 5 teaspoons corn-starch	{ Makes a paste when cold. This sauce may be used in making mixtures for croquettes, soufflés, blanc manges and similar puddings.
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If a sauce is too thick, it can be thinned without trouble by adding more liquid. If a sauce is too thin, it must be thickened by adding more of the thickening agent and by re-cooking it. A starchy sauce or a cream soup is always thinner when hot than when cold. Even the amount of cooling which occurs in transferring a starchy sauce, gravy or soup from the cooking utensil to the serving dish perceptibly thickens it. This must be taken into account in making creamed dishes of various kinds.

When the liquid used is milk, use a little more milk or a little less starch than for a water sauce, because milk already contains about 12 per cent. solids.

When the liquid used is acid, as vinegar, a fruit-juice or tomatoes, the hot acid acts on the starch and gradually changes it, just as dry heat does, to dextrin. Dextrin has not the thickening power of starch. Therefore, when an acid liquid is to be thickened, more of the thickening agent may be needed, and the time for cooking may be shortened. No statement can be made as to exact differences because acids differ greatly in strength.

When the flour is browned, the dry heat changes part of the starch to dextrin and the flour may lose a considerable part of its thickening power. Either more browned flour must be used than uncooked flour or browned flour may be used for color and uncooked flour for thickening.

Corn-starch requires longer cooking than flour, as a quickly cooked corn-starch mixture always has a raw taste.

Methods of Combining Flour or Corn-starch With Liquids

Method I. When little or no fat is used—Heat three-fourths of the liquid. Mix the remainder of the liquid gradually into the thickening agent, using only enough at first to make a thick batter. Beat this batter until smooth and free from lumps, then add the rest of the cold liquid; the mixture should be about as thick as medium cream. Beat this gradually into the hot liquid and stir until the mixture is thickened. After thickening, the sauce may be cooked in a covered double boiler with occasional stirring. If fat or sugar or both are used, they may be added at this time.

Method II. If sugar is used—Mix sugar with thickening agent. Heat about four-fifths of the liquid. Mix the remainder with the sugar and flour. Add this to the hot liquid and stir constantly while the sugar dissolves and the particles of flour or corn-starch are being spread through the liquid and cooked. When thick, complete cooking as in Method I.

Method III. When amount of fat equals or exceeds amount of thickening agent—Melt the fat, add the flour or corn-starch and cook

until thoroughly blended. This is called a roux. Add the liquid, a little at first, then immediately enough to thin it perceptibly and finally the remainder, stirring constantly until thick. Complete as in Method I.

Method IV. When amount of fat equals or exceeds amount of thickening agent—Heat the liquid. Cream together the fat and thickening agent. Add this modification of roux to the hot liquid and stir constantly while the fat melts and the particles of flour or corn-starch are being spread through the liquid and cooked. When thick, complete cooking as in Method I.

If sauces are lumpy, because proper precautions have not been taken in mixing and cooking the thickening agent with the liquid, the sauce should be strained. Such a sauce never has the creamy, smooth texture of a well-made one.

Dishes That Have a Sauce Foundation

A variety of dishes can be made by a person who is familiar with the thickening power of flour and corn-starch and with methods of combining them into sauces. There are two foundation sauces:

A white sauce is one made from milk or white stock or part of each, thickened with plain flour or corn-starch.

A brown sauce is one made from milk or water or brown stock and thickened with browned flour or part browned and part plain flour or corn-starch.

The following typical dishes have a sauce foundation:

Cheese sauce—To each cup white sauce of desired consistency, add $\frac{1}{4}$ cup shaved, grated or crumbled cheese and stir until cheese is melted.

Cream soups, purées and bisques—To each cup of *very* thin or *thin* white sauce, add 2 cups of vegetable, meat or fish pulp.

Creamed dishes—To each cup of medium or medium to thick white sauce, add 1 to $1\frac{1}{2}$ cups vegetable, meat, fish or hard-cooked egg cut in pieces.

Scalloped dishes—To each cup of medium to thick white sauce, add 1 to 2 cups cooked vegetable, meat, fish, hard-cooked eggs, cooked macaroni or rice, put into a baking dish, sprinkle with buttered crumbs and bake until brown.

Croquette mixtures—The foundation of most croquettes is white sauce or brown sauce. When this type of croquette is made, to each cup of *very* thick, white sauce use 1 to 2 cups of finely divided cooked meat, fish, hard-cooked egg or vegetables. When the mixture is cold, it will easily shape into croquettes.

Soufflé mixtures—Many soufflés are made from a foundation of thick or *very* thick white sauce to which is added some seasoning or

flavor such as cheese, vanilla, sugar, or some chopped food and raw egg-yolk. Beaten egg-white is folded in and the mixture is ready to pour into a baking dish. All soufflés are baked with the containing dish standing in hot water. With a knowledge of white-sauce and egg cookery, soufflés are very simple to make. No attempt is being made to give at this point complete directions for making soufflés, but only to show how a knowledge of one part of cooking will help in the making of many dishes and will make the whole problem of cooking simpler and more interesting. The most common soufflés having a white sauce foundation are:

Cheese soufflé—To each cup of thick to very thick white sauce, add $\frac{3}{4}$ cup grated cheese, 2 egg-yolks and seasoning. Cook until the cheese is melted. Then the beaten egg-whites are folded in and the soufflé is ready to bake.

Meat or fish soufflé—To each cup thick to very thick white sauce add 1 cup minced meat or vegetable, 3 egg-yolks, and the beaten white of 3 eggs.

Chocolate soufflé—To each cup thick white sauce, add 2 ounces grated chocolate, $\frac{1}{3}$ cup sugar, and 3 egg-yolks; cook until the chocolate is melted. Fold in the beaten whites of 3 eggs and the soufflé is ready to bake.

Vanilla soufflé—To each cup very thick white sauce, add $\frac{1}{3}$ cup sugar, $\frac{1}{2}$ teaspoon vanilla, 2 to 3 egg-yolks. Fold in beaten whites of 2 to 3 eggs.

Cooking Breakfast Cereals Partly a Problem of Starch Cookery

Two of the important secrets in cooking cereals so that they are acceptable are:

1. To allow enough water to swell and soften all the starch.
2. To cook them long enough to swell and soften the starch and soften the cellulose present so that the starch may be exposed to the action of heat and water.

AMOUNTS OF WATER TO USE WITH CEREALS

<i>To One Cup</i>	<i>Use Cups Water</i>	<i>Will Make Cups Product</i>
Corn-meal	4 to 5	4
Hominy Grits	4	4
Oatmeal	4 to 5	4
Oats (rolled)	2 to $2\frac{1}{2}$	2
Rice	$3\frac{1}{2}$ to 5	4
Samp	4	4
Wheat (cracked)	4 to 5	4
Wheat (granular)	4 to 5	4

USEFUL FACTS ABOUT SUGAR

Sugars are useful in cooking (1) because of their flavor or the effect they have in modifying or intensifying other flavors; (2) because of their texture or the changes they make in the texture of other foods; (3) because they help in preserving other foods (see chapter on "Canning").

Use of Sugar in Flavoring Foods

All sugars not equally sweet—Maple sugar, brown sugar and molasses, weight for weight with white sugar, are a little less sweet than white sugar. Corn sirup or glucose, weight for weight with white sugar, is only about three-fifths as sweet as white sugar. It takes one and three-fifths cups corn sirup to equal in sweetness a cup of white sugar, while it takes only three-fourths of a cup of corn sirup to equal in weight one cup of white sugar. Corn sirup may be used to reduce the sweetness of cane sugar. This is being constantly done in candy making. Many persons prefer this modified sweetness.

Foods taste sweeter hot than cold—This accounts for differences in the amounts of sugar used in making frozen desserts and other desserts.

Some sugars contain special flavors, for example: maple sugar, brown sugar, molasses, honey.

Sugar brings out or modifies natural flavors—It makes bitter chocolate or fruit acids more mellow and agreeable in flavor. It brings out flavor in bland foods like cereals, breads, milk and some mild-flavored vegetables.

Approximate Amounts of Sugar for Various Common Dishes

ICE-CREAMS—2 to 4 tablespoons to 1 cup mixture.

CUSTARDS (not used for ice-creams)—1 to 2 tablespoons to 1 cup milk.

CAKES—One-half as much sugar as flour. In chocolate cakes, three-quarters as much as flour.

MERINGUES—1 to 5 tablespoons to 1 egg-white.

FROSTINGS—1 to 3 cups to 1 egg-white.

BREADS—1 tablespoon or less to 1 cup flour, if any is used.

MUFFINS—2 tablespoons or less to 1 cup flour, if any is used.

Ways in Which Sugar Affects Texture of Foods

In cakes, used in right proportions, it helps to make them tender and light. If too much sugar is used it makes cake tough and heavy.

In breads, used in right proportions, it helps to make them light. Too much sugar makes bread coarse in texture.

In fruit-juices, used in right proportions, in combination with fruit acid and pectin, it makes fruit-juice jelly. Too much sugar makes jelly "wine off" and makes it soft and sticky in texture. Too little sugar necessitates overcooking, impairs flavor and gives a tough texture.

In beaten egg-white, it helps the egg to hold air and remain stiff. Too much sugar makes the egg-white flatten out and settle.

Best Uses for Various Kinds of Sugar

White sugar: *Coarse granulated*—Good for any purpose when the sugar is to be dissolved, as in custards, sirups, jelly making. Not so good for cakes, as it makes them coarse in texture, nor for meringues, as it is likely to make them flatten out.

Fine granulated—Especially good for cakes and meringues. Good for custards and sirups. Not so good as the coarse sugar in making jellies and preserves, as it causes a greater amount of scum to form by introducing more air into the mixture.

Confectioners' or powdered sugar—Good in making uncooked frostings, for sweetening whipped cream, and for dishes in which the granules of sugar should not be evident.

Brown sugar and maple sugar—Especially good as flavoring in candies and desserts. Good in cookies and pudding sauces when the color and flavor are highly prized and where the effect on texture of the product is unimportant. They give a heavier crust and a coarser texture to cakes than fine granulated white sugar but make as moist a cake. Good to serve with cereals instead of white sugar. Good as a sirup to serve with hot breads such as pancakes and waffles.

Honey—Good in confectionery, in some cookies, and in sauces. Especially good to serve with fruit when it seems to emphasize the fruit flavor. Useful to replace maple sugar and sirup to serve with such breads as pancakes, waffles, muffins and toast.

Molasses—Good for use in simple cake mixtures when the cake is served fresh and the texture is of secondary importance. Useful in flavoring cookies and in making confectionery. Replaces maple sugar and sirup to serve with breads of various kinds.

Cane sirup and corn sirup—Good for use in candies, sauces and puddings. May be used in cakes and cookies as a partial substitute for granulated sugar, but if used in large amounts its effect as a liquid must be considered. It has been stated that for each cup of sirup used to replace sugar in a recipe, the amount of other liquid called for should be reduced by one-fourth cup.

USEFUL FACTS ABOUT FATS

The fats used commonly in the American household vary all the way from oils which are liquid at ordinary room temperatures to fats as hard as mutton fat.

<i>Oils</i>	<i>Soft fats</i>	<i>Medium soft fats</i>	<i>Hard fats</i>
Cotton-seed oil	Chicken fat	Bacon fat	Beef suet
Corn oil	Turkey fat	Lard	Mutton suet
Peanut oil	Duck fat	Lard substitutes	
Olive oil	Butter		
	Butter substitutes		
	Cream		

Hard Fats Less Useful Than Others

Mutton and beef suet are less liked in the average household than other fats, because:

1. Hard fats are difficult to mix evenly into cakes, pastries and breads.

2. The melting-point of mutton and beef suet is above the temperature of the body. Therefore they do not melt in the mouth and unless eaten hot or with hot foods or in strongly flavored dishes they leave a "furry" taste in the mouth.

3. Mutton fat, particularly, is very strong in flavor and imparts a disagreeable taste to dishes in which it is used unless it is disguised by flavors such as molasses, spice, fruit-juices or chocolate.

Hard fats may be made into soft or medium fats of good flavor — If mutton or beef suet is melted and mixed with oils or soft fats it may be made into soft or medium fat resembling lard or lard substitutes in texture. If this mixture of fats is made savory, it can be used in any way in which lard or lard substitutes are used and in many ways in which butter is used.

PROPORTIONS FOR MAKING SOFT FAT FROM HARD FAT

- $\frac{1}{2}$ mutton fat, $\frac{1}{2}$ vegetable oil
- $\frac{1}{4}$ mutton fat, $\frac{3}{4}$ soft drippings
- $\frac{1}{4}$ mutton fat, $\frac{3}{4}$ leaf lard
- $\frac{1}{3}$ mutton fat, $\frac{1}{3}$ vegetable oil, $\frac{1}{3}$ drippings

To Make Savory Fat

For each pound of fat use a medium onion, a small sour apple and one teaspoon of ground thyme or mixed herbs tied in a small piece of cloth. A teaspoon of chopped parsley, dried or fresh, and a few celery leaves may be added. Melt the fat in a double boiler, add the onion and apple whole and the herbs in the bag. Cook in the double boiler until the onions and apples are thoroughly cooked. Strain the fat through cheese-cloth. When the fat begins to harden, a brisk beating

with a wooden spoon or egg-beater improves it in texture and color. Winter or Hubbard squash cooked in fat until brown also makes a good savory fat; use in same proportions, as to size of pieces, as onion and apple; the spices may or may not be included. Savory fat will be found to be well seasoned and to have a very agreeable flavor. It may be used for spreading on bread, for seasoning vegetables, as shortening, and in other general ways. It is good for deep-fat frying except for cheese dishes.

This is a good way to treat left-over fats to make them more generally usable in the household.

Use of Fat Scraps, Bacon Fat and Drippings

Every bit of fat from scraps of meat, bacon drippings, roasts, soups and poultry may be made into a fat mixture useful for general cooking purposes. These scraps should be "tried out" together, clarified, and, if desired, may be made into savory fat. This is probably the best way for the housekeeper to soften mutton fat, since the proportion of drippings from softer fats will usually be enough to make of the whole a good medium fat. If the proportion of mutton fat is too large, some good table oil may be combined with the fat scraps to give a softer fat.

How to "Try Out" or "Render" Fat

Chop the fat into fine pieces or run it through a meat-grinder. For each pound of fat allow one-half cup milk. Put the finely divided fat and milk together in the top of a double boiler, or in a kettle set over another kettle containing water, and cook over boiling water until the fat is melted. It may be cooked over slow direct heat but it must then be watched constantly to prevent sticking and scorching.

When the fat is melted, strain through several thicknesses of cheese-cloth set over a strainer.

Fat may be tried out in exactly the same way without the use of the milk, but milk improves the flavor and texture of the product. Sweet, sour or buttermilk may be used.

Cracklings—After the fat is tried out and strained, there is left in the strainer a crisp product called "cracklings." If these cracklings are of good flavor and color they may be substituted for other fats in various dishes. For corn-meal and graham-flour mixtures, they are particularly successful; also for hashed brown potatoes, corn-meal mush that is to be fried, and for any kind of baked hash.

Methods for Clarifying Fat

Fat that has been tried out from scraps and drippings may need to be clarified before being used. In that case let it harden after trying out, remove from container, scrape away sediment and clarify.

Method I—Melt the fat by pouring boiling water over it. Boil this mixture thoroughly, strain through several thicknesses of cheese-cloth placed over a strainer, and set away to cool. When the fat is cold, it can be removed as a solid cake from the liquid. The impurities, which will have collected in the bottom of the cake, can be scraped off and discarded. If this melting, boiling, cooling and scraping process is repeated two or three times, a cake of clean white or yellow fat may be obtained.

Method II—If fat has acquired, through use, a slightly burned taste or similar disagreeable flavor, melt the fat and for each pound or pint of fat add a medium-sized potato cut in one-quarter-inch slices. Heat gradually. When the fat ceases to bubble and the potatoes are well browned, strain the fat through several thicknesses of cheese-cloth placed over a strainer and set away to cool. When ready to use, scrape away and discard sediment from bottom of cake of fat. Potato helps to clarify fat as well as to purify it, for the potato is porous and gathers much of the sediment in the used fat into its pores.

Method III—For each pound of fat, allow two or three pieces of clean charcoal about the size of a walnut. Melt the fat and add the charcoal when the fat is hot. Stir the fat several times, then strain through several thicknesses of cheese-cloth and cool. Fat may be clarified first with water, then with charcoal or potato, if desirable.

Problems in Whipping Cream

1. Cream must be thick to whip easily.
2. Cream is thin if it contains less than 20 per cent. butter fat; it is thin when it is fresh and when it is warm.
3. To whip easily, cream must not contain less than 20 per cent. butter fat. Best results are obtained when cream contains 25 to 40 per cent. butter fat.
4. Fresh cream does not whip well even when it contains more than 20 per cent. butter fat. This is because lactic acid is produced as cream ages, and the acid thickens the cream. The addition of one-half teaspoon commercial lactic acid to each two cups cream will do the same thing that is accomplished by 12 to 24 hours standing.
5. Warm cream will not whip well because warmth thins cream. As cream is chilled, the fat congeals and the cream thickens. Cream set on the ice for two hours will whip easily if it is rich enough and old enough. The best temperature for whipping cream is between 35° and 50° Fahrenheit. If no ice is available to congeal the cream, it may be thickened by adding one teaspoon viscogen to each two cups of cream. This will make it possible to whip cream that is a little low in fat, and fresh cream as well as warm cream.

VISCOGEN OR SUCRATE OF LIME

5 cups water • $\frac{1}{2}$ cup sugar $\frac{3}{10}$ cup milk of lime

Mix thoroughly, put into jars or bottles and allow to stand 24 hours before using. This will keep indefinitely and is very useful to have on hand when whipped cream is served often or in the making of ice-creams.

Fats Best for Various Purposes

In selecting fats for various uses or in deciding between them three factors need to be considered:

1. Which fats are best to use for the flavor desired?
2. Which fats are best to use in shortening or enriching certain dishes?
3. Which fats are best for deep-fat frying or for sautéing?

Flavor Only Considered

The best flavored fats are those which are mild and delicate to taste and which melt in the mouth and leave no feeling of furriness.

Butter (or, as next best, butter substitutes) gives the best flavor in nearly all dishes, melted on vegetables, in sauces and gravies, in cakes, pastries and breads, in candies, fillings and frostings, and spread on bread or toast.

Cream ranks with butter in delicacy of flavor.

Poultry fat of all kinds probably comes second to butter in giving good flavor to the dishes in which it is used.

Combinations of left-over fats made savory and medium soft are good to use in many ways to replace butter.

Olive oil has the strongest flavor of all the oils and cotton-seed oil the least. For raw salad dressings, the choice of the oil must be based on individual tastes. Oils may be used successfully to season sauces, gravies and other dishes.

Bacon fat is good for basting poultry when the bacon flavor is liked. Potatoes sautéed in bacon fat are especially good. It may be used with vegetables, if liked.

Shortening Power Considered

Butter or butter substitutes and cream give the most tender and delicate texture. Cakes made with these fats require less beating than those made with other fats. In shortening pastry, they do not give as good a texture as some other fats.

Poultry fat used in shortening cakes gives much the same results as butter or butter substitutes; used in shortening pastry, it must be skilfully handled or it will make a greasy pastry. It makes a crumbly rather than a flaky pastry.

Lard and lard substitutes used in shortening cakes do not give as good a flavor as butter nor do they produce the same tender delicate texture. Cakes made with these fats seem to need more beating than cakes made with butter. In shortening pastry, however, although these fats do not give as good a flavor as butter or butter substitute, they give a more tender and flaky product.

Oils are not particularly good for shortening cakes because they are apt to make either a bready or a greasy cake. In shortening pastry, if they are skilfully worked into the flour, they make a tender and crumbly rather than a flaky pie-crust.

Mutton and beef suet are difficult to work with in shortening cakes and pastries, because of their hardness. They do not produce very good texture, and leave a furry taste unless disguised by strong flavors. If mixed with soft fats and made savory, they rank with butter and lard or their substitutes.

Equivalents—Using butter as the standard, the equivalent of $1\frac{1}{2}$ cup butter is $\frac{1}{2}$ cup less 1 tablespoon, or 7 tablespoons, of poultry fat, lard or lard substitutes or oil.

When cream is used for shortening, 1 cup thin or 25 per cent. cream replaces $\frac{3}{4}$ cup milk and $\frac{1}{4}$ cup butter. 1 cup medium or 25 per cent. cream replaces 1 tablespoon less than $\frac{3}{4}$ cup milk and 1 tablespoon more than $\frac{1}{4}$ cup butter. 1 cup heavy or 40 per cent. cream replaces $\frac{1}{2}$ cup milk and $\frac{1}{2}$ cup butter.

Deep-fat Frying

For deep-fat frying, fats should not only themselves possess good flavor but should impart good flavor to the foods fried in them. The fat should be capable of being used over and over again.

Fats for frying should be capable of being heated to a high temperature without smoking or scorching. Smoking impairs the flavor, the digestibility and the durability of fat.

Smoking Temperature of a Few Common Fats

	<i>Degrees Fahrenheit</i>
Cotton-seed oil	430—440
Vegetable lard substitutes	420—435
Chicken fat	400—410
Corn oil	400—410
Lard	340—350
Olive oil	300—315
Bacon fat	290—300
Suet	235—245

The smoking temperature of a fat is not always the same. Fat heated in a deep, comparatively narrow dish smokes at a higher temperature than when cooked in a shallow wide dish.

The more often the fat is used, the lower the smoking temperature. The greater the amount of crumbs or other foreign matter which escapes from the food into the fat, the lower the smoking temperature the next time of using. This means, of course, that fat should always be strained carefully after frying and should be clarified frequently.

Fats good for frying should smoke very slowly and the smoke should not be irritating. Even if the smoking temperature of a fat is high, if it smokes rapidly and the smoke is irritating the value of the fat for deep-fat frying is thereby reduced.

Cotton-seed and corn oils both have high smoking temperatures. With reasonable care, they can be used over and over again for deep-fat frying. If the flavor of these oils is liked, they are excellent fats for deep-fat frying.

Olive oil has a comparatively low smoking temperature. This is partly compensated for, however, by the fact that it produces smoke slowly and the smoke is non-irritating. It has stronger flavor than the other two oils.

Some lard substitutes rank second to cotton-seed and corn oils in having high smoking temperatures. They are, perhaps, the best all around fats for general use in frying, because they are mild in flavor.

Chicken fat makes a good fat for frying, but it is an extravagant way in which to use it.

Lard is only fair for frying unless it is used with great care to avoid overheating and is well clarified after each time of using. Lard has rather a low smoking temperature, smokes rapidly and produces an irritating smoke.

Savory fat made from mixtures of household fats is like lard for frying. It must be used carefully to avoid scorching or smoking.

Utensils for Frying

1. A deep iron bowl or scotch kettle. The bowl has one advantage over the flat-bottomed kettle; the sediment from food sinks into the curve of the bowl and does not adhere to food.

2. A wire basket that fits loosely into the kettle. This is to lift food into and from the kettle. A skimmer will do this but it is not so convenient.

3. A long-handled spoon or fork to hold the basket out of the fat while the food is draining.

4. A pan large enough to set the basket on while it is being emptied or filled.

5. A large pan lined with soft paper on which to drain the food which has been fried.

Directions for Frying

1. Put enough fat into the kettle to submerge to a depth of one or two inches the articles to be fried. Do not fill kettle more than three-fourths full of fat. The fat in an over-full kettle may bubble over and catch fire.

2. Heat fat gradually to the desired temperature, which will be between 300° and 400° Fahrenheit, or always, if possible, below the smoking point of the fat.

3. Put only moderate amounts of food into the fat at one time, because (a) when the very hot fat cooks the food it causes the moisture in the food to boil and this vigorous bubbling may cause the fat to bubble over the edge of the kettle, with risk of fire; and (b) too much food may so cool the fat as to delay the cooking and increase absorption of fat and make a greasy product.

4. When the food is cooked to the desired brown color, remove at once, drain over the fat kettle for a few seconds, then place on soft paper to finish draining.

5. After frying is completed, let fat cool until it is safe to handle, then strain through several thicknesses of cheese-cloth placed over a strainer. Clarify it frequently, after each time of using, if possible, as it will lengthen the lifetime of the fat.

If fat used in frying is not overheated, and if it is frequently clarified, it may be used over and over again, even if the smoking temperature is comparatively low.

If fish is well egged and crumbed before being fried, it will not seriously flavor the fat in which it is fried and the fat is then useful for frying foods other than fish.

Testing Fat for Frying

1. For large pieces of raw food—335° to 360° F. A one-inch cube of bread from the soft part of the loaf will cook to a golden brown in 1 to 1¼ minutes. If a fat of low smoking temperature is used, this time must be increased to 1¾ to 2 minutes.

2. For smaller pieces of raw food or large pieces of cooked food—340° to 380° F. The piece of bread will brown in 50 to 60 seconds. For fats of low smoking temperature, the time must be increased to 1¼ to 1½ minutes.

3. For most cooked foods—300° to 400° F. The bread will brown in 40 to 50 seconds. For fats of low smoking temperature, the time must be increased to 60 to 80 seconds.

Great care should be taken to have the right temperature in frying. If fat is too hot, it scorches the food or does not cook it through, or spoils the fat. If it is too cool, the food becomes soaked with fat. Fats of low smoking temperature will naturally soak into food a little more than fats of high smoking temperature, because the food must remain longer in the fat.

Egging and Crumming Foods for Frying

Except in the case of foods like doughnuts, fritters, potatoes and fried breads, foods are ordinarily either egged and crumbed or dipped in an egg batter before being fried. This is because the egg or egg batter hardens in the hot fat, making a case about the food which keeps it from becoming fat-soaked.

For crumming, use dried bread-crums rolled and sifted or soft crumbs forced through a strainer.

Break an egg into a shallow plate and beat it with a fork only enough to mix the yolk and white and not enough to beat air into it. Blend into the mixed egg two tablespoons water for each egg.

Place some crumbs on a board. Roll the food to be fried in the crumbs, covering all parts with crumbs.

Dip the crum-covered food into the egg bath, being careful to cover every part with egg.

Lift food from egg with broad-bladed knife and roll again in crumbs.

Let stand a few moments to dry. The food is then ready for frying. Foods may be egged and crumbed several hours or even a day before being fried.

How to Care for Fats

The four factors that are instrumental in making fat rancid are light, moisture, air and warmth. Fats should be kept in a dark, dry, cool place and as far as possible away from air. Wrapping fat in waxed paper or covering it with waxed paper helps to exclude air.

Oils, particularly, are affected by air. If oil is bought in quantity and used a little at a time it should be transferred from the large container to small containers. Each container should be filled completely full and should be sealed or stoppered. They should be kept in a dark, dry place. Filling the containers full excludes air.

Soap Making

When fat is no longer edible, it may be made into soap. Fat that has been used over and over for deep-fat frying reaches a point where it is no longer satisfactory for this purpose; also, scraps of fat often accumulate for which there seems no definite usefulness. All of this fat may be combined, tried out or melted, clarified, and made into a good grade of soap.

HOME-MADE SOAP—No. 1

1½ pints cold water
1-pound can lye (caustic soda)
1½ tablespoons borax
½ cup ammonia

5½ pounds fat, melted but not hot
1 tablespoon oil of lavender flowers
(if perfume is desired)

Put water into a wooden pail (the wooden pail is used because lye corrodes metal). Add lye and stir with a wooden spoon or paddle until it is completely dissolved. Add borax and ammonia.

Slowly stir the melted fat into this mixture and continue stirring until it is the thickness of honey. If small amounts are made, vigorous beating will make a more compact, even grained soap. Add the oil of lavender. Pour into molds. The best molds are shallow wooden or paper boxes lined with waxed, paraffined or oiled paper; soap corrodes metal while it is hardening. When the molds are all filled, cover with a cloth to prevent the loss of heat. Let stand two or three days. Remove from molds and cut into cakes with a wire or strong string.

HOME-MADE SOAP—No. 2

1½ pints water	¼ cup sugar
1-pound can caustic potash	½ cup borax
5½ pounds fat, melted but not hot	1 tablespoon oil of lavender
½ cup washing soda	flowers, if desired
½ cup ammonia	

Mix and mold exactly as directed in first recipe, adding the additional ingredients to the water in the pail before adding the melted fat. The sugar is said to increase the lather-making property of the soap.

USEFUL FACTS ABOUT EGGS

Some interesting and useful illustrations of the function of eggs in cookery are as follows:

Eggs Help to Bind Food Together

Eggs bind oil and vinegar together—Fats and liquids mixed together tend to separate very quickly. When egg is added to this mixture, it is possible, under right conditions, to secure a very intimate mixing of the fat and liquid. The best known household illustrations of this combination of oil, vinegar and egg are mayonnaise dressing and French dressing. In the case of mayonnaise dressing, a very stable mixture is secured that will keep for a long time. In the case of French dressing, the mixture often can be held together for an hour or longer if a small amount of egg-white is added.

Egg helps to combine ingredients in batter and dough—Although many batter and dough mixtures, such as cakes, muffins, pancakes, and breads, may be and often are made without egg, the use of egg materially improves them. Egg brings about a very intimate mixing not only of fat and liquid with each other but also with the other ingredients present. This gives the product fineness of grain, particularly in mixtures containing fat, and increases its lightness of texture.

Fancy yeast breads such as zwieback, brioche, rusks and fancy rolls, quick breads such as delicate muffins, as well as cake, owe a part of their delicacy of texture to the presence of eggs in the mixture.

Egg increases power of batter or dough to hold fat—By causing a more intimate mixing of fat with other ingredients, the egg in a batter and dough mixture will permit the addition of more fat. If a cake is so rich that it has a tendency to fall, the addition of another egg may cure the difficulty. If it is not rich enough, yet falls when more fat is added, putting in another egg permits the use of more fat. If richer muffins are desired, the same rule holds good; eggs as well as fat may need to be added if the product is to retain its lightness. In fancy yeast breads such as zwieback, brioche, rusks and fancy rolls, the large amount of fat present does not reduce the lightness of the mixture, in part at least because of the effects of the egg present.

Egg increases power of batter or dough to hold liquid—Egg causes the liquid to be distributed in smaller particles throughout a batter and dough mixture, which allows the mixture to hold more liquid, without interfering with its lightness, than it could hold if the eggs were absent. Therefore, a bread or cake dough made with egg can be made softer than one in which egg is not used. This adds to the delicacy of the product. The popover is the most interesting illustration of a batter that is very light in spite of the large amount of liquid present.

Eggs Help to Give Lightness and Looseness of Texture

This property is due to the presence in egg of a tenacious, glue-like or viscous substance called albumin. Albumin has the power of holding air beaten into it, or gases formed in the mixture containing it, and of stretching as a result of this.

Although egg-white and egg-yolk both contain albumin, the power of giving lightness to mixtures is not equally divided between them, the white being better than the yolk for this purpose.

Air-holding power of egg reduced by fat—Egg-yolk is very rich in fat. This is the reason that egg-white is better than the yolk for giving lightness and looseness of texture, and accounts for the direction, familiar to every housekeeper, not to permit any of the yolk to escape into the white when separating eggs, if the white is to be beaten stiff. In cakes in which the air-holding quality of egg-white needs to be used to greatest advantage, the egg-white is beaten alone and is folded lightly into the mixture at the last minute, so that the fat in the mixture may not reduce its viscosity.

Air-holding power of egg increased by sugar—In limited amounts sugar increases the tenacity or viscous properties of egg. This fact is interestingly illustrated in cakes, where the addition of sugar, within

limits, increases the lightness of the cake. When sugar is added to beaten egg white, in limited amounts, it increases the air-holding property of the egg, and the meringue is lighter than the beaten egg alone. When the sugar is added to unbeaten egg-white, in limited amounts, and the two are beaten together, not only can the product be made very light but a meringue made in this way holds the air for a much longer time than when it is made by beating the egg first.

Eggs Thicken Liquids, Making Custards

The value of eggs in custard making is due to the fact that raw eggs are fluid and readily mix with water or milk. When the mixture containing the egg is heated, the particles of egg become solid, or are said to coagulate, and the liquid is thus thickened. The thickness or consistency and the texture of custard mixtures depend on three things:

Proportion of egg to liquid—Enough egg must be used to give to firm custards a jelly-like consistency and to soft custards a cream-like consistency. (See details below.)

Temperature of cooking—A custard mixture should be very tender, delicate and fine-grained in texture. It is possible to secure this only by cooking custards at a low temperature. (See details below.)

Method of manipulation in cooking—The jelly-like texture of firm custards is secured by cooking them without stirring. The cream-like texture of soft custards is secured by stirring them while they are cooking.

Proportion of Egg to Liquid in Custard Mixtures

1 cup liquid 1 whole egg or 2 egg-yolks	}	Makes a mixture that has sufficient body to bake in small cups or for a medium thick soft custard.
1 cup liquid 1 $\frac{1}{2}$ whole egg or 3 egg-yolks		Makes a mixture that has sufficient body to bake in a large baking-dish and hold its form while in the dish; or, when baked in small cups, to retain the form of the cup when turned into another dish. Good foundation for ice-cream if less than one-fourth to one-half its bulk of cream is to be used.
1 cup liquid 2 whole eggs or 1 whole egg and 2 egg-yolks	}	Makes a mixture that has sufficient body, when baked in a large baking-dish, to hold the form of the dish when turned into another dish. Good foundation for frozen custard where no cream is used. Good foundation for salad dressings.

Effects of Temperature

The texture of eggs cooked alone or in custard mixtures is directly affected by the temperatures at which they are cooked.

Cooked at 180° to 200° Fahrenheit (below the boiling-point of water), the egg-white is firm but delicate and very tender and friable or easily broken apart. The egg-yolk is tender and salve-like.

Cooked at 212° Fahrenheit (at the boiling-point of water), the egg-white is firm, but somewhat tough. The egg-yolk is mealy.

Cooked at 350° to 400° Fahrenheit (the temperature of fat hot enough for frying), the egg-white is leathery where touched by the fat, and the yolk is leathery where touched by the fat.

The general conclusion may be drawn that the most important point to observe in cooking eggs or custard mixtures is to regulate the temperature in order to secure the desired tenderness or toughness of the product.

Regulating temperatures in making custards—Since custards should be tender and delicate in texture, they should be cooked at a low temperature—180° to 200° Fahrenheit.

When a *firm* custard is to be made, the baking-dish containing the custard should be set in a pan of water kept constantly at a temperature 180° to 200° F., or slightly below the boiling-point of water, while the custard is baking or steaming. This means a slow oven.

When a *soft* custard is to be made, the custard mixture should be stirred constantly while it is cooked in the top of a double boiler set over hot water kept constantly at a temperature 180° to 200° F., or slightly below the boiling-point of water.

A good rule is always to cook custard mixtures over hot water or surrounded by hot water.

Why Custards Whey or Curdle

Custards usually whey or separate or curdle because they are cooked at too high a temperature. Soft custards may curdle when they are cooked for too long a time or are not stirred constantly. Milk that is a little sour may cause curdling of a custard.

The best way to prevent wheying, separating or curdling is to regulate the temperature and time of cooking all custards by cooking them over or surrounded by water slightly below the boiling-point, by removing them from the heat when they are done, and by being sure that milk used in making them is entirely sweet.

If a soft custard begins to whey, separate, or, as it is usually called in this case, curdle, it should be removed immediately from the heat. The pan containing it may be set in a pan of cold water, and the custard may be beaten vigorously to redistribute the particles of egg and milk solids.

Precautions for Custards Made With Vinegar

If a soft custard mixture is to be made with vinegar or tomato-juice, as in some salad dressings, the custard should be removed from the heat the minute the mixture begins to thicken. Hot acid coagulates egg and then very soon begins to digest it. This process makes it thin instead of thick. If an acid custard mixture has become thinned by cooking it for a minute too long, it must be thickened by adding more egg or by thickening it with flour, following the directions for starchy sauces. Custards made with vinegar require more egg than other custards to secure the same degree of thickness.

Directions for Mixing Custards

Scald the liquid. This saves time in making all custards.

Thoroughly mix eggs, seasoning (as salt), and flavoring (as sugar) by stirring but not by beating.

Gradually add hot liquid to egg mixture.

For *firm* custards, pour custard mixture into baking-dish, set baking-dish in pan of hot water and cook in oven or steamer until firm, keeping water in pan constantly below the boiling point. The custard is done when the blade of a knife run into the center of the custard comes out clean.

For *soft* custards, cook in top of double boiler, keeping the water in the lower part constantly just below the boiling-point. Stir constantly until the mixture stops frothing, coats the spoon, and has the thickness of cream. Remove at once.

USEFUL FACTS ABOUT MILK

The value of milk in the daily meals is so great that every effort should be made to extend its use in cooking. It is possible for every community to secure an adequate supply of milk in some wholesome form.

Wholesome Forms for Use in Household

Fresh milk is the most desirable form in which to procure the daily supply of milk.

If fresh milk is not obtainable, the problem of an adequate milk supply may be complicated, but it is still not an impossible one to solve. Some form of preserved milk may be substituted with excellent results from the standpoint of nutrition and that of cooking as well.

Milk powder when it is "reconstituted"—that is, mixed with water to bring it back to the original composition of the milk—is a satisfactory substitute for fresh milk. It may be used with excellent results

in making such dishes as cream soups, sauces, scalloped dishes, breads, cocoa, custards, puddings and ice-creams. Both skim milk and whole milk powders may be secured. Even as a beverage it is palatable and its nutritive value seems to compare favorably with that of fresh milk.

Evaporated milk, which is an evaporated unsweetened milk product, may be diluted with water and used in all the ways suggested for milk reconstituted from milk powder.

Condensed milk, which is an evaporated, highly sweetened product of milk, may be used in making milk dishes such as sweet custards, ice-creams, puddings and candies where the sweetness of the milk may take the place of the sugar.

Skim milk makes an excellent substitute for whole milk in cooking. If it is used to any great extent in the family dietary, however, the fact must be remembered that the fat removed has carried with it an important vitamin and should be returned in the form of butter or cream.

Sour milk—A satisfactory way of preparing milk so that it will keep for some length of time is to sour it. A taste may be cultivated for sour milk so that it can be used satisfactorily as a beverage as well as in the making of all kinds of hot breads and in other ways. Cottage cheese may be made from sour milk and the whey may be boiled and used in place of milk in making quick breads, yeast breads and cakes of all kinds.

When milk has been pasteurized or boiled, or when preserved milk must be used in place of fresh milk—If it forms the main part of the diet of babies or little children the daily use of orange or tomato-juice and of one to two teaspoons of pure cod-liver oil is recommended to overcome any influences of heating or preserving.

Should Milk be Pasteurized or Boiled?

If there is any question about the cleanliness or safety of the supply of fresh milk, it should be cooked before being used. When it is made into some dish like cream soup, scalloped dishes, cocoa and custards, this is cared for, but if it is for drinking, it should be pasteurized or boiled.

To Pasteurize Milk

Flash process—Put it into a covered container set over hot water. Heat until the milk reaches a temperature of 160° to 165° F. Hold at this temperature for one-half to one minute. Cool as quickly as possible and keep in a cold place.

Holding process—Heat until milk reaches 140° to 150° F. Hold at this temperature for about 30 minutes.

Pasteurized milk does not keep as well as fresh milk and when it spoils it is apt to putrefy instead of becoming sour. If any pasteurized milk is left over and there is danger of its spoiling before it can be used, it may be mixed with a little sour milk and set in a warm place until it all becomes sour. Sour milk may be kept for some days.

To Boil Milk

Flash method -Put it into a pan in which a large area of milk will be exposed to heat. Cook quickly over direct heat so that the milk is brought as rapidly as possible to the boiling-point. Stir constantly to prevent scorching, describing the figure eight with the spoon, as this brings the spoon the greatest number of times in contact with the part of the kettle receiving the most heat.

When the milk has boiled up once, remove from the fire and cool as rapidly as possible.

Milk boiled by this rapid method is believed to be less affected in nutritive value than pasteurized milk.

Boiled milk, like pasteurized milk, does not keep as well as fresh clean milk.

To Whip Evaporated Milk

Some brands of evaporated milk will whip up to a stiff "cream" without any special treatment. In other cases, use the following method: Heat the milk in a pan *over water* until it is scalded. Chill it rapidly on ice. Whip. Sometimes the addition of a little lemon-juice or vinegar is necessary. Use one teaspoon of the acid to every two tablespoons of the unbeaten milk.

To Whip Sweetened Condensed Milk

Heat one-fourth cup of sweetened condensed milk in the double boiler for ten minutes. This removes the starchy taste. Add to the milk about three and one-half teaspoons of lemon-juice, drop by drop, while beating.

For People Who Have Difficulty in Digesting Milk

The cause of this difficulty may be the tendency of milk to coagulate firmly in the stomach. This may be overcome by:

1. Eating milk cooked in foods such as cream soups, scalloped dishes, and custards.
2. By drinking boiled milk.
3. By using sour milk or buttermilk.
4. By combining milk with an acid, as in the making of cream of tomato soup, a milk sherbet, or beating up milk with orange or lemon-juice.

HERBS, SPICES, EXTRACTS AND FLAVORS

Herbs

BAY-LEAVES—Flavor particularly good in practically all meat cooking; also in vegetable and meat soups and sauces.

BORAGE—Young tender leaves excellent for salad or pot herbs.

CHERVIL—Flavor like parsley but milder. Young leaves may be used in meat and vegetable soups, salads, and as a garnish. More attractive than parsley as a garnish but not as lasting. Used in a powdered combination called "Fines Herbes."

DILL—Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.

FENNEL—Has a sweet hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked fruit. Leaves may be boiled with fish. Fresh leaves are valued by some people.

HOREHOUND—Used in candy making.

MARJORAM—May be used both green and dry for flavoring soups and ragouts; for stuffing for all meats and fish.

MINT—May be used fresh in salads, fruit beverages, jellies, conserves, ices, iced tea, sauces for meats, and added minced to carrots and peas. Good with apple combinations.

PARSLEY—One of the most popular herbs, which may be used in many ways. A favorite garnish. May be used in fruit and vegetable salads, in sandwiches, in all soups and gravies, in meat sauces, minced and added just before serving to practically all vegetables, minced and added to white sauce.

PEPPER GRASS OR PEPPER CRESS—Excellent flavor. May be used in green salads and sandwiches.

SAFFRON—May be used to give pale yellow color to bread, cakes, sauces, or to color confectionery. Has a pleasant flavor and good color.

SAGE—Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

SAVORY (Summer)—Agreeable flavor, blends well with other flavors; may be used in stuffings in meat, in vegetable soups, in sausage, with meats and with horseradish.

SAVORY (Winter)—May be used in the same way as Summer savory.

SORREL—Green. May be used in salads. Pot herb.

TARRAGON—Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.

THYME—Leaves, green or dried, valuable for use in stuffings, sauces, soups and meats.

SWEET BASIL—Distinct flavor of cloves. May be used for flavoring salads, soups and meats.

Seeds

ALLSPICE—Sold whole or ground. Better combined with other spices in fruit dishes, cakes, pies, pickles, etc.

ANISE—Leaves are used for garnishing and for flavor. Oil is extracted from the seed and used as anise extract, used in confectionery.

CARAWAY—Seeds have a spicy smell and aromatic taste. Used in baked fruit, in cakes, breads, soups, cheese and sauerkraut.

CARDAMOM—Flavor especially good in honey combinations.

CAYENNE PEPPER—Usually obtained from small fruited varieties of capsicum. It should be of dull red color. May be used in very small amounts in vegetables and in some salad dressings and in cheese dishes. It must be used with care, however, and paprika is successfully substituted.

CLOVES—Should be dark brown in color. Usually used in combination with other spices, which gives a better flavor than cloves used alone. Too much gives an undesirable color as well as a bitter flavor.

CORIANDER—Both leaves and seeds are used. Leaves are used in salads, soups and curry sauces. The seeds are used for flavoring pastries and confections in about the same way as caraway seeds.

CURRY POWDER—A number of spices combined in proper proportion to give a distinct flavor to such dishes as vegetables of all kinds, meat, poultry and fish.

MACE—The inner envelope of nutmegs. May be used both in "blade" and ground form in soups, sauces, pastry, pickles.

MUSTARD—Young tender leaves are used for greens and for salad. Seeds are used as a ground spice in salad dressings, pickles, sauces, in some vegetable cookery, and in some cheese dishes. Made into a paste and served with meats.

NUTMEG—Sold whole or ground. Gives good flavor used alone in small amount in various soups, meat dishes, pastry and in all dough mixtures. In combination with other spices for pickles.

PAPRIKA—A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock. As a garnish for potatoes, cream cheese, fruit salads or eggs.

PEPPER, BLACK—Reduced to proper fineness by grinding and sieving. Used in all meat and vegetable dishes where the color does not affect the product.

PEPPERCORN—The whole berry of the pepper plant.

PEPPER, WHITE—Practically the same as black pepper except that the outer shell or pericarp of the berry is removed. Used where color of black pepper is undesirable.

PEPPER, WHITE CORIANDER—A product of especially attractive appearance screened to uniform size and bleached.

Flavor Vegetables

CELERY—Every part of the plant can be used to advantage. Stalks and heart may be used raw, plain or with various fillings. Outer stalks may be stewed, scalloped, and in combination to give flavor to other vegetables such as potatoes. Trimmings may be used for flavoring soups or in any cooked meat or vegetable dishes. Dried seeds may be used in pickles, to flavor soups and salads.

CHIVES—Leaves are used in many ways. May be used in salad, in cream cheese, in sandwiches, omelettes, soups, and in fish dishes. Mild flavor of onion.

GARLIC—Vegetable similar to a small onion but with the bulb divided into sections known as cloves. May be used in very small amounts in flavoring meats, soups, sauces, salads, pickles.

HORSERADISH—Valuable for its white, fleshy, pungent roots which are grated, mixed with vinegar and used as a condiment for meat, oysters, fish, sauces, and in some kinds of pickle. Young tender leaves may be used in salad or greens.

MUSHROOMS—Have a delicate characteristic flavor. May be used in meat or vegetable dishes, in sauces and soups.

ONION—Popular vegetable which combines in flavor with practically all vegetables, and some fruits—*e. g.*, apple, and orange; also with all meat and fish. Tender young tops may be minced and used as a garnish for soups and salads.

PEPPERS—All varieties of green peppers and some of the red peppers may be used to give flavor to most forms of vegetable cookery. The green peppers of mild flavor and thick-meated type are particularly good for stuffing and for salad.

SHALLOTS—A mild onion flavor used in the same way as onions.

Flavoring and Extracts

Seed Flavors

ALMOND EXTRACT—Used in cakes and confectionery.

VANILLA EXTRACT—Particularly good with all chocolate, cocoa, coconut, date, raisin and coffee combinations. Good in most milk combinations; *e. g.*, ice-creams and custards. Most commonly used of all the extracts.

Fruit Flavors

- LEMON EXTRACT—Used in cakes, puddings, pies, ice-cream and candy. Sometimes used in combination with vanilla. Excellent flavor. Lemon should be more sparingly used than vanilla.
- ROSE EXTRACT—Used in angel and other white cake; also in fancy candies.
- ORANGE, PINEAPPLE, STRAWBERRY, RASPBERRY, CHERRY (extracts)—Used in desserts, beverages and candies.
- WINTERGREEN, PEPPERMINT, GINGER, CINNAMON, CLOVE (extracts)—Used largely in beverages and confections.

Acids

- FRUIT VINEGARS—Blackberry, currant, elderberry, etc., made by steeping the fruit in the vinegar. Used in beverages, ices, and sauces.
- LEMON—Used instead of vinegar in salads and sauces when a milder acid is desired or when vinegar is objectionable. Used in beverages, hot or cold. Also in salads, conserves, marmalades, etc. Citric acid found in lemons, oranges and limes.
- TOMATO-JUICE—Used in sauces to serve with bland foods, such as potato croquettes, or with foods having distinctive flavor, such as fish, also in beverages.
- VINEGAR—Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tang flavor to salad dressing; for meat, fish and vegetable sauces. The different kinds are wine vinegar, malt or beer vinegar, white vinegar, cider vinegar. Tarragon vinegar is made by steeping one cup tarragon leaves in five cups vinegar (cool, strain and bottle).

CARAMEL

1 cup granulated sugar

1 cup boiling water

Put the sugar in a pan and melt slowly. Cook until dark brown, being careful not to scorch. Add the hot water and cook slowly until a thick sirup is formed. (Be sure that the water is hot. Cold water will make the hot sugar spatter.) This will keep indefinitely in a covered glass fruit jar and is a popular flavoring for desserts, soups, meat sauces and confectionery.

HOW TO BUY FOOD

Thought should be given to the expenditure of the money allotted to food, as a balanced diet, so necessary to health, depends on the wise apportionment of that allowance. The following rules apply to the average healthy family; they may be modified by each housewife to meet her own special needs:

Milk

Spend as much for milk as is necessary to secure for each child three-quarters of a quart to a quart of milk a day and for every one else in the family from one-third to one-half a quart of milk a day. Buy skim milk if you can not afford whole milk; give this to the children. Cheese may replace a part of the milk for adults if they prefer it. Two ounces of cheese may be substituted for about one-third of a quart of milk.

Fruits and Vegetables

It is desirable to include fruit twice a day. Use fresh fruits in the height of their season. When they are cheapest, store, can and dry them for Winter use. Dried fruits, such as prunes, apricots, peaches and raisins, can always be bought in the markets and are probably the most inexpensive of all fruits. Oranges are a particularly wholesome fruit and should be used as often as possible unless replaced by tomatoes.

A child can eat two medium-sized potatoes in a day, and one-fourth of a pound or more of the other vegetables. A grown person can eat twice that amount.

Cereals

Buy cereals in variety. Be sure to include a generous proportion of cereals made from the whole grain. These contain elements of nutrition that are lost when the outer coat is removed, and also furnish part of the necessary roughage in the diet. Such cereals are especially desirable when it is difficult to use as much vegetables and fruits as these rules call for.

Fat

For each grown person, every day, buy at least one and one-half ounce of fat (butter or butter substitute, cream, fat from meat, etc.). For children buy at least one-half that much, unless the child is getting a quart of whole milk daily; in that case, he is getting a large part of his fat allowance in the milk.

Meat and Meat Substitutes

Ordinarily, do not try to serve flesh foods (meat, fish, and poultry) more than once a day. Milk, eggs, and cheese supply a desirable quality of protein or muscle-building foods and may be served instead of meat. The more milk one has, the less meat he needs. Peas, beans and cereals can not replace the high-quality protein found in meat, eggs, milk and cheese, but they have great value in supplementing the animal proteins. If beans, peas or cereals are used as a meat substitute, some milk, eggs or cheese should be included in the meal or in the meat substitute recipe. The weekly allowance of meat foods need not be higher than one and three-quarters pound for each person in the family, in order to furnish appetizing meals. This means an average daily portion of not more than a quarter of a pound.

Buy eggs instead of meat for children. A child under four or five years of age is well off without any meat at all. If he has an egg every day in addition to his three-fourths of a quart or quart of milk allowance, he will get adequate protein food.

A child four or five years old may have a little meat-food in addition to his milk allowance. He should have no more than a small serving (an ounce or less) each day of lean beef, mutton, lamb, chicken, lean fish or oysters.

Allowance for the child at this age might add almost one-half pound to the weekly amount of meat-food to be purchased.

Sugar

Buy only moderate amounts of sugar, molasses, honey or sirup.

AIDS IN BUYING CANNED GOODS

If the average household is to be supplied with the vegetables and fruits needed in the abundance recommended in this book, some provision must be made to have a supply on hand during the months when fresh products are not available. In some households, these will be stored, canned, dried or preserved at home. In others, they must be purchased fresh from the market or bought in preserved form from the dealer.

It would be a profitable thing for every housewife to learn sizes in canned goods and demand certain standards. She should keep a record of good and poor grades so that she may ask for the quality she prefers. Canned goods that are used frequently should be purchased in case lots, as a wholesale or reduced price can be obtained in that way.

The canneries have the size of can well standardized and the housewife will find it to her advantage to know the common sizes. The following list gives the size of the can by number together with an approximate estimate of its contents:

No. 1 $\frac{1}{4}$ cans sardines, potted meats such as deviled ham, condensed milk, contain 4 to 4 $\frac{1}{2}$ oz.; approximately 1 $\frac{1}{2}$ cup.

No. $\frac{1}{2}$ cans shrimp, lobster, salmon, pimienta, condensed milk, contain $7\frac{1}{2}$ to 8 oz.; approximately 1 cup.

No. 1 cans (short or small) tunafish, canned soup, milk, boned meats such as chicken, contain 10 to 13 oz.; approximately $1\frac{3}{4}$ cups.

No. 1 cans (tall or square) salmon, asparagus tips, contain 1 lb.; approximately 2 cups.

No. 2 cans vegetables such as peas, corn, beans and some fruits, such as pineapple and berries, contain 1 lb. 4 oz.; approximately $2\frac{1}{2}$ to 3 cups.

No. $2\frac{1}{2}$ cans fruits such as pineapple, peaches, pears, plums, berries; also many vegetables, such as beets, asparagus stalks in square tins, spinach, contains 1 lb. 14 oz. to 1 lb. 15 oz.; approximately $3\frac{1}{2}$ cups.

No. 3 cans tomatoes, beets, sauerkraut, pumpkin and fruits, contain 2 lb. to 2 lb 1 oz.; approximately 4 cups.

No. 10 cans mince-meat, apple sauce, marmalades, jams, pickles, sauerkraut, baked beans, corn on cob, in fact, nearly all canned goods for large quantity use, contain 6 lb 8 oz. to 7 lb. and over for fruits and vegetables and 7 lb. 8 oz to 8 lb. 12 oz. for marmalades and jams. Approximately $3\frac{1}{4}$ quarts.

While the size of can is standardized, there is a variation in weights of cans put up by different canneries. This difference in weight is probably due to a more solid pack or a greater density in sirup content in the heavier cans and, this being the case, the housewife should not know the number alone but should acquaint herself also with the weight she can expect in any given size can.

Suggestions for Reserve Supply Shelf

It is well to keep on hand, on the reserve supply shelf of canned goods, one or more soups; one or more meats and fish; one or more vegetables; some materials for salad, such as canned fruits, marshmallows, bottled salad dressing; a few desserts, such as plum or suet pudding and some of the gelatin preparations. Hors d'oeuvres and relishes, like oysters for cocktail, pickles and olives, are always useful. English walnut meats, almonds or mixed nuts and raisins make an emergency dessert and crackers and biscuits in tin boxes add to the soup, salad or dessert course. Condensed milk or powdered milk is often useful.

Suggestions for Selecting Canned and Package Goods

I—SOUPS

Canned or Liquid

Chicken
Chicken consommé
Chicken gumbo (okra)
Strained okra
Mulligatawny
Clam chowder
Clam bouillon
Oxtail (thick)

Oxtail (clear)
Mock turtle
Tomato
French bouillon
Consommé
Vegetable (clear)
Vegetable (thick)

Julienne
Clam broth
Petite marmite
Printanière
Pea beef
Mutton broth
Green turtle (clear)
Green turtle (thick)

I—SOUPS—Continued**Powdered**

Yellow pea
Cream pea

Lima bean
Cream of celery

Clam chowder
Cream of mushroom

Condensed

Tomato
Vegetable
Clam chowder
Beef
Tomato okra
Chicken gumbo
Cream of asparagus

Consommé
Julienne
Mulligatawny
Oxtail
Mock turtle
Cream of celery

Mutton broth
Bisque of tomato
Bisque of oyster
Purée of lima bean
Cream of pea
Bouillon

Broth for Invalids

Beef tea
Chicken broth
Clam broth

Mutton broth
Clam bouillon
Meat-juice

Meat extracts (solid)
Meat extracts (fluid)
Bouillon cubes

II—MEATS AND FISH**Fish**

Anchovies in oil
Anchovies in salt
Anchovy paste
Bloaters
Bloater paste
Bombay ducks
Caviar
Clams (Little Neck)
Codfish
Codfish balls
Crabs
Tunafish
Turtle meat (green)
Roes

Crab meat (with shells)
Crab (soft shell)
Finnan haddie
Herring (in brine)
Herring (smoked)
Boned herring
Haddock
Lobster
Mackerel (soused)
Mackerel in oil
Oysters
Cod roes
Herring roes
Shad roes

Oysters (pickled)
Salmon (smoked)
Salmon cutlets
Salmon steaks
Shrimp
Shrimp paste
Sardines
Sardines in tomato sauce
Sardines (smoked)
Sardines (kippered)
Sardine paste
Shad cutlets
Eels in jelly
Eels (smoked)

Meats

Corned beef
Brisket beef
Roast beef
Roast-beef hash
Smoked beef
Dried beef
Corned-beef hash
Rolled ox tongue
Deviled tongue
Lamb's tongue
Boned chicken
Creamed chicken

Potted chicken
Chicken à la King
Deviled chicken
Chicken loaf
Chicken tamales
Curried fowl
Boned turkey
Roast mutton
Veal loaf
Irish stew
Hamburger steak and onions

Chili con carne
Chop suey
Pâté de toie gras
Sliced bacon
English-style bacon
Sausages
Vienna sausages
Pork sausage meat
Meat pâté
Ham
Potted ham
Deviled ham

Entrées

Braised beef
Beef à la mode
Calf's tongue
Tomato sauce
Chicken sauté à la Marengo

Beef (Burgundy style)
Goulash (Hungarian style)
Veal and green peas

Calf's tongue (sauce piquante)
Chicken curry (à l'Indienne)
Chicken provençale

Game Pâté Truffled

Chicken
Chicken liver

Grouse
Partridge

Quail
Wild duck

III—VEGETABLES**Canned**

Artichokes	Sprouts (Brussels)	Mushrooms
Asparagus	Cauliflower	Okra
Beans (baked, lima, red kidney, stringless, wax)	Carrots	Okra with tomatoes
Beets	Corn	Peas
Pumpkin	Succotash	Sweet potatoes
Sauerkraut	Spanish red peppers (pimientos)	Tomatoes
Spinach	Squash	Truffles
		Turnips

Dried

Beans (black, lima, marrow, medium pea, red kidney)	Peas (green, whole, split, yellow)	Julienne (for soups)
		Lentils
		Mushrooms

IV—CEREAL PRODUCTS

Macaroni	Samp	Tapioca
Spaghetti	Oatmeal	Sago
Vermicelli	Cracked wheat	Irish moss
Noodles	Bran	Corn-starch
Elbows	Ready-to-eat breakfast foods	Arrowroot
Alphabets	Partly-cooked breakfast foods	Wheat flour
Corn-meal (yellow or white)	Pearl barley	Whole-wheat flour
Hominy	Rice	Graham flour
		Farina

V—SUGAR AND SUGAR SUBSTITUTES

Granulated	Colored	Maple sirup
Powdered	Maple	Corn sirup
Confectioners'	Rock candy	Rock-candy sirup
Loaf	Molasses	Malt-sugar sirup

VI—DAIRY PRODUCTS**Milk Products**

Evaporated	Malted (powdered or tablets)	Dried milk
Condensed		Milk powders

Cheese

Roquefort	Sapsago	Canned welsh rabbit and other special cheese
Gorgonzola	Sage pimiento	
Swiss	Edam	Camembert { Soft cheeses
Parmesan	Pineapple	Cream { do not keep well

VII—FRUITS**Canned**

Apples	Cherries (white; red, pickled, Maraschino)	Pineapple (sliced or grated)
Apple sauce	Cranberry sauce	Plums (damson, egg, green gage)
Apricots (sliced or peeled)	Muscat grapes	Peaches
Blueberries	Loganberries	Prunes
Blackberries	Pears (Bartlett)	Raspberries
Black raspberries		Strawberries

VII—FRUITS—Continued

Preserves

Apricot	Figs	Peach
Barberry	Green-gage plums	Pineapple
Blackberry	Ginger	Quince
Bar-le-Duc	Kumquat	Raspberry
Currants	Orange	Strawberry

Jellies

Apple	Grape	Plum
Crabapple	Currant	Quince
Mint and apple	Grape and currant	Loganberry
Barberry	Guava	Orange

Jams

Apple butter	Raspberry and currant	Raspberry
Blackberry	Gooseberry	Strawberry
Black currant	Damson plum	Green-gage plum
Red currant	Quince	

Marmalades

Apple	Grapefruit	Kumquat
Grape	Lemon	Orange

Crystallized

Apricots	Ginger	Plum
Cherries		

Dried

Apples	Figs	Prunes
Citron	Orange peel	Raisins (seeded, seedless and unstemmed)
Cranberries	Peaches	
Dates		

VII—MISCELLANEOUS

Beverages

Tea (green, black, and specially flavored)	Instantaneous cocoa (con- taining sugar and milk powder)	Loganberry-juice
Coffee	Root-beer extract	Apple-juice
Pulverized coffee	Ginger ale	Lime-juice
Cereal beverages	Grape-juice	Sarsaparilla
Cider		Root beer
Cocoa		Fruit sirups (all flavors)

Gelatin

Flavored and colored	Plain	Acidulated
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Herbs and Seasonings

Thyme	Pepper (white, black and red)	Cinnamon
Marjoram	Curry powder	Chilli powder
Poultry seasonings	Celery salt	Paprika
Bay-leaves	Mace	Onion salt
Nutmeg	Cloves	Sage
Ginger	Allspice	Peppercorns

Extracts and Colorings

Vanilla
Lemon
Almond
Celery
Cinnamon
Checkerberry
Cochineal

Ginger
Nectarine
Onion
Orange
Peppermint
Pineapple
Pistachio

Raspberry
Strawberry
Violet
Maple and all spices
(in liquid form)

Nuts (fresh and salted)

Almonds
Cashew
Chinese lichis

Filberts
Peanuts
Pecan

Pignolies
Pistachios

Biscuits

Sweet
Salted
Graham

Oatmeal
Bran
Shortbread

Rusks
Agar-agar

Pickles

Mixed
Sweet
Sour
Dill
Mustard
Chow-chow
Onion
Piccalilli

Cauliflower
Walnut
Gherkins
Sweet pickled cherries
Pears
Cucumbers
Figs
Peaches

Apricots
Plums
Watermelons
Olives (stuffed, plain
and ripe)
Mangoes
Limes

Sauces

Mushroom catchup
Walnut catchup
Anchovy
Worcestershire
Chilli

Tomato
Oyster cocktail
Tabasco
Horseradish
Pepper (red and green)

Tomato purée
Chutney
Mayonnaise
Tartar
Creole salad dressing

Vinegar

White wine
Cider

Red wine
Malt

Tarragon

Chocolate

Sweet
Bitter
Vanilla

Coffee
Nut
Tablets

Cakes
Instantaneous beverage.

Other Foods

Rennin
Marshmallow whip
Almond paste
Plum pudding

Plum pudding sauce
Mince-meat
Peanut butter
Olive butter

Candies
Egg powders
Cocoanut (grated and
canned in milk)

MENUS AND MEAL PLANNING

There is nothing a homemaker does that affects the welfare of her family more profoundly than the food she selects and prepares for them, because health is essential to the most abundant living, and health and good feeding go hand in hand. The feeding problem of an individual begins with his ancestors, who pass on their dietary weakness and strength to the generations that follow them.

INTELLIGENT SELECTION OF FOOD

The best-fed person is the one who has had a well-selected diet not only all the years of his life but throughout all the months of each year. Many families have diets that vary greatly from season to season and year to year. This may be because of the fluctuations in the food supply from one year to another and because of limited provision made for the Winter during the Summer and Fall. Families are most likely to be well fed during the Summer and Fall months, when fresh food is abundant, and poorly fed during the Winter and early Spring because of the greater difficulty in providing fresh foods. Since the needs of the body are about the same the year around and from one year to the next, this method of feeding results in poor development, in ailments and even in disease.

Standards for Selecting the Day's Food

The simplest and most effective method is to determine what has been found by experimental evidence to be adequate for the body needs of the average individual and then to modify it to individual requirements. The aim of such a standard would be to supply a well-selected diet every day of the year. This requires planning each day's meals with this definite standard in mind. In the case of rural families, who do not have access to markets during the Winter, it means stocking the food cellar in a season of plenty with the necessary amounts of right foods for the unproductive months of the year.

It is important that all members of a family practise intelligently good habits of food selection, because whims and tastes for certain foods and distastes for others may result in the adoption of a very inadequate diet, which leads to malnutrition. Suggestion on the part of the parent is one of the simplest ways of encouraging a child to eat right foods; likewise, it is an easy way of prejudicing a child against the use of a food. Many parents expect their children to eat foods they themselves will not use and which they talk against. A child should

be taught from infancy to eat a wholesome variety of foods and when he is old enough he should know why satisfactory food selection is essential to healthful living.

The following list suggests correct amounts of the foods which make up the larger part of a well-selected diet for an average well person. They apply to children as well as to adults. To these foods, eggs, cheese, sweetmeats and other desirable foods may be added. It is likely that if the better standard is followed, and the person does not overeat, a well chosen diet will be maintained.

A Good Standard of Food Selection

MILK—For children, $\frac{3}{4}$ to 1 quart daily; for adults, 1 pint daily.

VEGETABLES—Potatoes once daily; vegetables other than potatoes twice daily.

FRUIT—Fresh, canned or dried, two servings daily.

CEREALS—Whole cereal bread usually; whole cereal breakfast food usually.

WATER— $1\frac{1}{2}$ quarts daily. (This includes, in addition to plain water, the liquid in milk, tea, coffee, soups or any beverage.)

A Fair Standard of Food Selection

MILK—For children, 1 pint daily; for adults, $\frac{3}{4}$ pint daily.

VEGETABLES—Potatoes once daily; vegetables other than potatoes once daily.

FRUIT—Fresh, canned or dried, one serving daily.

CEREALS—Whole cereal bread frequently; whole cereal breakfast food frequently.

WATER—One quart daily. (This includes in addition to plain water, the liquid in milk, tea, coffee, soups or any beverage.)

Variation of Above Standards

Either of the above standards may be greatly improved by including the following in the vegetable and fruit allowance:

GREENS—One or more servings weekly (included in the vegetable allowance).

FRESH FRUIT OR CANNED TOMATOES—One serving daily (included in the fruit allowance).

The following habits tend to be detrimental to good nutrition:

Tea or coffee for children.

Over two cups of tea or coffee or both for adults daily.

Going without breakfast.

Sweets between meals.

Meat at every meal or ordinarily more than once a day.

A Few of the Details of Nutrition

The human body is a machine needing three things for its activities and upkeep.

The human machine needs fuel: (a) to keep it running; (b) to enable it to do work and to keep it warm. Too little fuel keeps the body thin and "run down." Too much fuel clogs the machinery or makes the body grow fat.

Foods rich in starch, sugar, fat and protein supply fuel to the body. If a person wishes to grow fat, *one* of the things to do is to increase the fuel foods in the day's meals; if a person wishes to grow thin, *one* of the things to do is to decrease the fuel foods in the day's meals.

The human machine needs building materials: to construct it, to maintain it, and to keep it in repair. There are many building materials, but the four which need to be considered are: protein, iron, calcium (lime) and phosphorus.

Protein is the substance which with water makes up the main part of muscle tissue. Too little protein or poor protein makes poor muscles; too much protein may clog the body.

Iron is the substance which makes blood red. Too little iron makes people pale and anemic.

Calcium and *phosphorus* are the substances which make up the larger part of bones and teeth. Too little calcium and phosphorus makes poor bones and teeth.

The human machine needs regulating substances: (a) to release the energy in the fuel; (b) to put the building materials in place; (c) to keep the machinery regulated and running smoothly.

All substances in foods help to regulate the body in some way; certain substances in foods are used mainly to regulate it.

Laxative substances are necessary in foods to keep the intestine clean. Fruits, vegetables and the outer layers of cereal grains, together with plenty of water to drink and exercise of the abdominal muscles, will ordinarily keep the bowels regulated. Too little laxative material is a common cause of constipation.

Vitamins, of which there are three and possibly four, are necessary to make the body grow, to give appetite, to build up the body's resistance, and protect it against disease, and to make normal teeth and bones. Too little of one or more of the vitamins may be a common cause of failure to grow, of poor bones and teeth, poor appetite and poor digestion.

Mineral substances are needed in various ways to keep the body processes functioning satisfactorily.

Relative Value of Foods

The homemaker will find that a working knowledge of food values is rather easy to secure if she will learn to classify foods in three ways: according to sources, composition and function. The left-hand side of the accompanying chart shows how foods may be grouped according to their sources, the right-hand side shows the grouping according to composition, indicating which foods supply certain essential materials in the largest amounts. It must be kept in mind in using the chart that even though a food may contain a certain material, the fact is not noted unless there is a conspicuous amount of the material present. It is also important that the value of foods should not be estimated solely on the basis of their composition. If a food, such as milk, is low in the percentage of protein, but may and should for other reasons be used in large amounts, it becomes an important source of that material. On the other hand, if a food, such as molasses, is high in calcium, but only relatively small amounts of it can or should be used, it does not become an important source of that material.

FOOD SOURCES AND THEIR COMPOSITION*

	Protein	Fat	Carb.	Calcium	Phosphorus	Iron	Vit. A	Vit. B	Vit. C
FRUITS									
Tomatoes, oranges, lemons, grapefruit.....							Fair	Good	Excel.
Raspberries.....					Fair	Excel.			Excel.
Prunes, dates, figs, raisins.....			Excel.						
Apples, grapes.....			Fair					Fair	Fair
Bananas†.....			Fair					Fair	Fair
Peaches, pears, plums, pineapple, berries, rhubarb, currants.....			Fair						
VEGETABLES									
<i>Leaves and Stems:</i>									
Spinach, dandelions, lettuce, beet and turnip tops, Brussels sprouts, wild greens, cabbage, chard.....				Fair		Excel.	Good	Good	Good
Asparagus, onions, cauliflower, celery.....						Fair		Good	Fair
<i>Roots and Tubers:</i>									
Potatoes.....			Fair			Good	Fair	Good	Good
Turnips, carrots, parsnips, beets, other roots.....			Fair			Fair		Good	
<i>Other Vegetables (fruits similar to vegetables):</i>									
Eggplant, peppers, cucumbers, pumpkin, squash.....			Fair			Good	Good	Good	Good
String beans.....			Fair			Good	Good	Good	Good
Green peas.....	Fair		Fair		Fair	Good	Good	Good	Good

*This classification is on the basis of percentage composition.

†Bananas are especially rich in carbohydrate. This is largely in the form of starch in unripe bananas and sugar in ripe bananas. Therefore, only the ripe fruit should be eaten raw.

Continued on page 50

FOOD SOURCES AND THEIR COMPOSITION—Continued

	Protein	Fat	Carb.	Calcium	Phosphorus	Iron	Vit. A	Vit. B	Vit. C
SEEDS									
<i>Legumes (good quality of protein):</i>									
Beans and peas	Excel.		Excel.		Excel.	Excel.		Excel.	
<i>Nuts (good quality of protein):</i>									
Peanuts, walnuts, hickory nuts	Excel.	Excel.		Good		Good		Good	
<i>Cereals:</i>									
Whole cereals: wheat, rye, oats brown rice, corn (good quality protein)	Good		Excel.			Excel.	Fair	Good	
Refined cereals: white flour, polished rice, white breakfast foods (good quality protein) . .	Good		Excel.			Fair		Fair	
SWEETS									
<i>Unrefined:</i>									
Molasses, maple sirup, honey . .			Excel.	Excel.		Excel.			
<i>Refined:</i>									
Beet and cane sugar			Excel.						
ANIMAL FOODS (exclusive of fats):									
Milk (excellent quality protein)	Fair	Fair		Excel.	Fair		Excel.	Good	
Cheese (excellent quality protein)	Excel.	Excel.		Excel.	Excel.		Excel.	Good	
Eggs (excellent quality protein)	Good	Good		Good	Good	Excel.	Good	Fair	
Meat, poultry (excellent quality protein)	Excel.	Good			Good	Excel.			
Fish	Excel.				Good				
Gelatin (poor quality protein) . .	Excel.				Good				
FATS									
<i>Animal:</i>									
Butter, cream		Excel.					Excel.		
Meat fats		Good							
<i>Vegetable:</i>									
Oils and nut margarines		Excel.							

MEAL PLANNING

Although it is desirable that each meal should be well selected, the day's food is the real measure of good nutrition. The food-selection standard should be used to determine the types of food to be selected. The art of combining these foods into wholesome and satisfying meals is the art of meal planning.

Special Points in Meal Planning

1. Any meal should be planned to meet first the needs of the youngest and weakest member of the family. Foods that are good for children are equally good for adults. Foods that are good for adults may be very bad for children. It is easier to suit a child's dietary to the adult than to suit an adult's dietary to a child.

2. In order to encourage good digestion and to ensure complete esthetic as well as physiological satisfaction in the meal, the following factors should all be considered:

The staying quality of food—Does it leave the stomach quickly or slowly? For healthy, active adults working outdoors, a great deal of food that has considerable staying quality may be highly desirable. For indoor workers and for children this type of food may be the wrong choice.

Fats and fat-rich foods all have “staying” quality. Cream sauces, home-cooked cereals and similar foods have moderate “staying” qualities. Dilute foods, foods containing meat-juices or fruit acids are likely to encourage quick passage of food along the digestive tract. This is one reason for beginning a meal with meat soup or fruit in some form.

Too much sweet food should not be included, since it may give rise to excessive fermentation in the digestive tract.

Too much meat and eggs should not be included, since they may give rise to excessive putrefaction in the digestive tract.

The most satisfactory conditions of digestion and elimination are encouraged by use of generous amounts of bulky, moist foods, such as fruits, succulent vegetables, whole cereals and water.

The texture of food plays an important part in its attractiveness. Crisp foods should be associated with soft ones. Variations in texture, even in a single dish, always appeal: oatmeal with cream and a sprinkle of coarse sugar; rice pudding with raisins; ice-cream with cake; crackers with cheese; crisp salad with soft dressing.

Appearance of food is important to civilized man. Beautiful color, dainty, attractive arrangement play a large part in a successful meal.

Flavor of food plays an important part in selecting the day's meals. Unfortunately, too often food is selected only on the basis of what tastes good. The main background of the diet should be made up of bland, mild-flavored foods, like milk, bread, cereals, many vegetables. The accent should come by the use of the more highly flavored foods such as meat, fruit, sugar, condiments and herbs of various kinds.

Suggestions for the General Plan of a Day's Meals

Breakfast

Fruit, fresh, dried, canned or fresh stewed.

Milk, or cocoa made with milk, for the children. Milk, cocoa, tea or coffee for adults. Milk on cereal for all the family.

Cereal, preferably whole, for all the family.

Bread, toast or muffins.

Butter, on bread, toast or muffins.

If a heartier meal is needed, it may be desirable to add eggs, bacon or other fat meat and potatoes, adapting the method of cooking to the children.

Doughnuts, cookies, jam, jelly, marmalade, and pancakes and sirup should be considered desserts, even at breakfast time, to be eaten only after more wholesome foods have been taken.

Lunch or Supper

An egg, cheese or milk dish.

Succulent vegetable or salad.

Bread and butter.

Milk for children.

Sweets in moderation. Only light desserts such as fruit, simple pudding, and cookies should be served at supper.

The meal may be made more elaborate, if desired, but should always partake of simplicity.

Dinner

Meat or other flesh or an egg or cheese dish. Dried beans may be used if milk or eggs are provided in the meal.

Potatoes, unless dried beans, macaroni or rice are used.

Another vegetable. Two vegetables (not potatoes) should be used with dried beans, macaroni or rice.

Bread and butter.

Salad may be served in addition to the meal or in the place of dessert.

Sweets in moderation. Light desserts such as plain fruit, puddings, gelatins, soufflés and whips, or heavy desserts such as pie, rich cake, cobbler, shortcake, plum pudding.

If all the milk that a person requires has not been used, the remaining amount may be served as a beverage.

If a more elaborate dinner is desired, the meal may begin with soup or an appetizer, such as a fruit cocktail or grapefruit, oysters in some form, or a canapé. The problem of the formal meal is discussed in the section that follows the simple menus given below.

SIMPLE MENUS

Breakfasts

Strawberries with Cream	Graham Muffins
Corn Flakes	Milk
Coffee	

Stewed Apricots	Buttered Toast
Corn-meal Mush	Milk
Coffee	

Granular Wheat with Raisins and Top Milk	Eggs
Oatmeal Gems	
Coffee	Milk

Baked Pears	Maple Sirup
French Toast	Milk
Coffee	

Sliced Oranges	Toast
Scrambled Eggs and Bacon	
Coffee	Milk

Grapefruit	
Codfish Balls	Baking-Powder Biscuits
Coffee	Milk

Any Fruit in Season	
Ham Omelet	Graham Biscuits
Coffee	Milk

Hot Baked Apples	
Sausage Cakes	Popovers
Coffee	Milk

Oatmeal and Prunes with Top Milk	
Corn Muffins	Boiled Eggs
Coffee	Milk

Breakfasts—Continued

Oatmeal with Top Milk or Bacon and Eggs		Marmalade
Toast		Milk
Coffee	_____	
Ready to Eat Cereal		
Sliced Bananas with Top Milk		
Poached Eggs on Toast	Toast	
Coffee	Milk	

Luncheons or Suppers

Banana and Nut Salad		
Muffins		Honey
Milk	Tea	

Spaghetti with Tomato Sauce		
Waldorf Salad		
Brown Bread Sandwiches		
Milk	Tea	

Delmonico Potatoes	Corn Oysters
Canned Fruit	Molasses Cookies

Cream of Potato Soup		Wafers
Asparagus Salad		
Toast		Apple Jelly
Cocoa		

Cream of Tomato Soup		Saltines
Apple and Celery Salad		Rolls

Creamed Salmon on Toast	
Graham Bread and Butter	
Sliced Oranges with Coconut	

Cream of Potato Soup	
Toasted Cheese Sandwiches	
Fresh Fruit	

Potato Salad	Sausages or Cold Ham
Apple Sauce	Biscuits

Lima Beans in Casserole	Muffins
Grapefruit and Celery Salad	
Tea	Milk

Cream of Tomato Soup	CROUTONS
Brown Bread Sandwiches with Cheese Filling	
Fruit Salad	
Tea	Milk

Macaroni and Cheese	
Stewed Tomatoes	Bread
Baked Apple with Tapioca	
Tea	Milk

Pork and Beans	
Pickle, Celery and Lettuce Salad	
Brown Bread	Plum Sauce
Tea	Milk

Cabbage au Gratin	Plain Sandwiches
Lettuce Salad with French Dressing	
Apricot and Rice Pudding	

Cheese Soufflé	Baked Potatoes
Waldorf Salad	Rolls
Cocoa	

Scalloped Oysters	
Toasted English Muffins	
Canned or Fresh Fruit	
Tea	Milk

Creamed Salmon	Baked Potatoes
Pickles	Bread
Orange and Bermuda Onion Salad	
Tea	Milk

Cold Meat	Tomato and Celery Salad
Hot Gingerbread and Whipped Cream	
Tea	Milk

Cheese Fondue	Vegetable Salad
Bread	
Cereal Pudding with Dates	

Grapefruit	
Tunafish Salad	
French Fried Potatoes	
Graham Gems	
Floating Island Custard	

Luncheon or Supper Without Meat

Creamed Asparagus on Toast
Stewed Tomatoes

Cottage-Cheese Salad
Prune Whip Custard Sauce

Lettuce and Peanut Butter Sandwiches
Banana Salad
Apple Sauce Cookies Milk

Tomato Soup
Rice Croquettes with Cheese Sauce
Green Peas
Baked Apple with Raisins and Nuts
Milk

Stuffed Baked Potatoes
Cheese, Pickle and Pea Salad
Drop Biscuits
Pineapple Ginger Snaps

Scalloped Oysters Waldorf Salad
Graham Muffins
Floating Island Custard
Tea

Vegetable Luncheon

On one plate a small serving of four
or five vegetables, as:

Potato, Turnips or Squash, A Green
Vegetable, Beets or Carrots
Brown-Bread and Cream-Cheese
Sandwiches
Apricots Vanilla Wafers
Tea or Milk

Dinners

Broiled Steak
Mashed Potatoes Asparagus Salad
Rolls Butter Grape Conserve
Chocolate Pudding

Hamburg Steak with Tomato Sauce
Potato Cakes Creamed Cauliflower
Rolls Butter
Cranberry Sauce Cookies

Breaded Pork Chops Gravy
Riced Potatoes Buttered Spinach
Combination Fruit Salad
Bread Wafers

Liver and Bacon Creamed Potatoes
Cabbage and Celery Salad
Bread
Sliced Bananas with Lemon-Juice

Veal Cutlets in Casserole
Creamed Potatoes Eggplant
Watercress Salad
Apple Pie Cheese Coffee

Stuffed Beef Heart
Glazed Sweet Potatoes
Buttered Turnips Cole Slaw
Tapioca Cream Coffee

*Clear Vegetable Soup
Roast Chicken Giblet Gravy
Boiled Rice Wax Beans
Asparagus Salad
Fruit Gelatin Coffee

Pot Roast in Tomato Sauce Potatoes
Buttered Peas Brown Bread
Fresh Vegetable Salad
Fruit Jelly with Custard Sauce

Grapefruit Broiled Steak
Potatoes on the Half Shell
Spinach Hot Rolls
Molded Chocolate Pudding
with Whipped Cream

Roast Mutton Brown Gravy
Creamed Turnips Mashed Potatoes
Currant Jelly Bread
Lemon Sponge with Custard Sauce
Coffee

Roast Beef Brown Gravy
Mustard or Horseradish Sauce
Franconia Potatoes Fried Parsnips
Pumpkin Pie spread with Plum Jam
and Whipped Cream

Dinners—Continued

Roast Pork Brown Gravy
Apple Sauce or Small Baked Apples
Glazed Sweet Potatoes Spinach
Macedoine of Fruit with Whipped
 Cream
 Sponge Cakes

Pork Chops Baked with Apples
 Scalloped Potatoes
String Beans Bread
 Indian Pudding

Swiss Steak Baked Potatoes
 Creamed Onions
Caramel Junket Cookies

Meat Loaf Scalloped Potatoes
 Peas Nut Bread
 Lettuce Salad, Thousand Island
 Dressing
Fresh or Canned Fruit Small Cakes

Fish Chowder with Water Wafers
 Grapefruit Salad
Graham Bread and Butter
 Queen of Puddings

Broiled Chicken Riced Potatoes
 Corn Fritters Rolls
 Tomato Jelly Salad
 Apple Pie with Cheese

Meat Pie with Potatoes, Carrots and
 Turnips
 Tomato Salad Bread
Prune Whip Custard Sauce

Tomato Soup Bread Sticks
Baked Ham Southern Sweet Potatoes
 Green Peas Rolls
 Lettuce Salad French Dressing
Meringues with Fruit and Whipped
 Cream Coffee

Cream of Corn Soup
Baked Hash Spinach with Egg
 Chocolate Bread Pudding
 Coffee

Salmon Loaf with Creamed Peas
 Mashed Potatoes
Apple and Celery Salad
Banana Cream Pie

Broiled Halibut Creamed Potatoes
 Chilli Sauce
Cole Slaw Brown Bread
 Rice Custard

Fruit Cocktail
Stuffed Turbans of Flounders
 French Fried Potatoes
Creamed Peas Bread or Rolls
 Tomato Salad
Fruit Ice Cakes Coffee

Dinners Without Meat

Cream of Vegetable Soup
 Scalloped Tomatoes
Stuffed Baked Potatoes with Cheese
Waldorf Salad Corn Muffins
Creamed Rice Pudding with Apricots

Chilled Fruit
Stuffed Tomatoes Parsley Potatoes
 Creamed Asparagus
Pumpkin Pie Milk

Baked Rice and Cheese
 Buttered Beets
Stuffed Olive and Lettuce Salad
Nut Bread Milk
 Chocolate Pudding and Cream

Cheese Soufflé
Mashed Potatoes
Buttered String Beans
Radish and Cucumber Salad
Strawberry Shortcake

Boston Roast Spinach with Eggs
 Rolls
 Head Lettuce Salad
Bread Pudding with Cream Sauce

The Problem of the Formal Meal

At one time it was the custom to serve long and elaborate dinners having many courses and much repetition of type foods. Gradually the realization has grown that elaborate meals are not justified from any point of view, social, physiological or economic, and that even the most formal meal must follow the rules of health.

The purpose of food is to satisfy hunger and to give pleasure. After hunger is satisfied, more food is a hindrance to health. After the appetite has been stimulated by a variety of foods, to stimulate it further jades it.

There is sometimes the temptation, if one has wealth, if neighbors or friends are fond of display, if one has a good cook or is a good cook oneself, to show off in some superior fashion by offering a great variety of delectable foods. Common sense should be called in then to preach the doctrine that enough is not only as good as a feast but the feast should have not more than enough.

Formal meals which conform to laws of health and good taste may be arranged according to the following general plan:

First Course—The Appetizer

Any *one* of the following types of dishes, with proper accompaniments, serves to whet the appetite:

Canapés or tiny open sandwiches made with highly flavored mixtures

Raw oysters or clams; oyster or clam cocktails

Grapefruit or fruit cocktail; avocado served with lemon-juice; cantaloup, watermelon or similar fruit

Soup, preferably a clear stock soup.

Second Course—To Satisfy the Appetite

The *pièce de résistance*, or main course, may be any *one* of the following: meat, fish, poultry or game with proper accompaniments.

For dinners preferably

Roasts
Fillets
Poultry
Game
Fish

served with

{ A succulent vegetable, preferably
a green vegetable
Potatoes in some form
A relish, as jelly
Bread and butter may be omitted;
they are not needed.

For luncheons preferably

Very small servings of

Steaks

Chops

Made dishes or entrées of meat, fish, poultry, game, eggs, cheese

served with

{ A succulent vegetable,
preferably a green vegetable
Potatoes may be omitted
Rolls

Third Course—Light, Refreshing and Crisp

The salad course may be any *one* of the following types with a suitable accompaniment of dressing and breadstuff.

Lettuce and grapefruit salad

Fresh tomato or tomato and cucumber

Fresh cucumber or cucumber and radish

Head lettuce

Endive

Alligator pear (avocado)

French artichoke

Fresh asparagus.

Meat salads should not be served in this type of meal.

Fourth Course—The Sweet or *Bonne Bouche*

Any *one* of the following desserts is especially suitable for a formal meal. Others may be used. The servings should be small to medium in size.

Ice-creams or ice-cream combinations, with small cakes

Sponges or whips

Bavarian creams or other fancy gelatin dishes

Meringues (kisses) filled with ice-cream or preserves and garnished with whipped cream

Tiny individual tarts, attractively garnished

Tiny steamed puddings, attractively garnished.

Fifth Course—To Keep the Sweet from Being Too Well Remembered

A demi-tasse of coffee, with sugar but without cream

Crackers and a cheese with high flavor, if desired, or fruit.

Variations

If the person giving a formal dinner or lunch has not been converted to the new idea of simplicity and desires a more elaborate meal than the type just outlined, more courses may be introduced. An entrée may come between the appetizer and the main course. Soup may

follow fruit or raw oysters. Fish may be served as a separate course, with meat to follow. An entrée may be introduced between the fish and meat courses.

All these procedures are correct by custom, even though detrimental to health.

Order of Courses

The courses in a meal are served in the following order:

- | | |
|--------------|------------------------------------|
| 1. Appetizer | 6. Salad |
| 2. Soup | 7. Dessert |
| 3. Fish | 8. Crackers and Cheese with Coffee |
| 4. Roast | 9. Nuts and Raisins |
| 5. Game | 10. Fruit |

For the place of the entrée, see chapter on "Entrées."

MENUS FOR SPECIAL OCCASIONS

St. Patrick's Day Luncheon

	Cream of Spinach Soup	
Fried Chicken		Parsley Buttered Potatoes
	Green Pepper and Grapefruit Salad	
	Lemon Ice with Mint Leaves	
	Small Cakes	
Green Mints	Coffee	Hard Green Candies

Thanksgiving Dinner—No. 1

Clear Soup		Bread Sticks
Salted Almonds	Celery	Olives
Roast Turkey	Giblet Sauce	Chestnut Stuffing
Mashed Potatoes		Brussels Sprouts
	Cranberry Jelly	
Lettuce or Romaine Salad with French Dressing		Cheese Wafers
Frozen Pudding or Hot Mince Pie		
Bonbons	Coffee	

Thanksgiving Dinner—No. 2

	Grapefruit Baskets	
	Olives	
Baked Guinea Hen with Gravy		Crabapple Jelly
Candied Sweet Potatoes		Cauliflower au Gratin
Tomato Jelly Salad		Graham Bread Sandwiches
Individual Pumpkin Pie with Whipped Cream		
Candied Orange Peel		
Coffee		

Thanksgiving Dinner—No. 3

Grapefruit
 Baked Loin of Pork with Gravy, Browned Potatoes, Apple Sauce
 or Baked Ham with Southern Sweet Potatoes
 Tomato and Celery Salad French Dressing
 Thanksgiving Plum Pudding Foamy Sauce
 Coffee

Thanksgiving Dinner—No. 4

Clear Soup Bread Sticks
 Celery
 Roast Turkey or Roast Chicken Giblet Gravy Oyster Stuffing
 Mashed Potatoes Cranberry Sauce
 Parker House Rolls Olives Fruit
 Pumpkin Pie Coffee

Christmas Dinner—No. 1

Oyster Cocktails in Green Pepper Shells
 Celery Ripe Olives
 Roast Goose with Potato Stuffing Apple Sauce
 String Beans Potato Puff
 Lettuce Salad with Riced Cheese and Bar-le-Duc French Dressing
 Toasted Wafers
 English Plum Pudding Bonbons
 Coffee

Christmas Dinner—No. 2

Cream of Celery Soup Bread Sticks
 Salted Peanuts Stuffed Olives
 Roast Beef Yorkshire Pudding
 Potato Soufflé Spinach in Eggs
 White Grape Salad with Guava Jelly, French Dressing
 Toasted Crackers
 Plum Pudding, Hard Sauce Bonbons
 Coffee

Wedding Menu—No. 1

Bouillon
 Chicken à la King Buttered Rolls
 Olives Celery
 Molded Fruit Salad
 Ice-cream Bride's Cake Groom's Cake
 Coffee Candies

Wedding Menu—No. 2

Buttered Rolls	Creamed Sweetbreads in Ramekins	Olives
Grapefruit Salad		Wafers
	Ice-cream in Fancy Molds	
Bride's Cake		Groom's Cake
Coffee		Candies

Wedding Menu—No. 3

	Fruit Cocktail	
Olives	Salted Nuts	Celery
	Creamed Chicken and Mushrooms in Timbale Cases	
Julienne Potatoes	Hot Rolls	Peas
	Lettuce Hearts with Mayonnaise Dressing	
	Bavarian Cream	
Bride's Cake		Groom's Cake
Coffee		Candies

Wedding Menu—No. 4

	Hot or Iced Bouillon in Cups	
	Creamed Lobster or Shrimps in Croustades	
	Hot Buttered Rolls	Asparagus-tip Salad
Bride's Cake	Strawberry Ice-cream	Groom's Cake
Candies		Coffee

Wedding Menu—No. 5

	Molded Chicken Salad with Mayonnaise	
Olives		Radishes
	Buttered Rolls	
	Frozen Strawberries with Whipped Cream	
Bride's Cake		Groom's Cake
Nuts	Coffee	Mints

Afternoon Tea

Assorted Sandwiches	Small Cakes
Tea passed with Sugar, Cream and Sliced Lemon	
Bonbons	Nuts

Japanese Tea

Sweet Wafers	Toasted Sponge Cake
	Tea with Sliced Lemon
Nougat Candy	Salted Nuts

Fruit Salad with Mayonnaise, Boiled Dressing or Whipped Cream
Small Sandwiches
Coffee or Chocolate
Candies Small Cakes Nuts

Olives Chicken Salad
 Rye and White Bread Sandwiches
Ice-cream or Fruit Ice
Maple Cake Coffee

Olives Chicken Salad Sandwiches Coffee
Ice-cream Petits Fours
Fruit Punch

Creamed Crab Flakes Fruit Cocktails Bread and Butter Sandwiches
Coffee

Welsh Rabbit
Lettuce Salad with Bermuda Onions
Olives

Toasted Crackers
Coffee

Chicken Sandwiches	Fruit Cocktail	Jam Sandwiches
Vanilla Ice-cream		Small Cakes
Birthday Cake with Name, Date and Candles		
Orangeade		Candy

Fruit Ice or Ice-cream	Small Cakes	Candies
Punch	Nuts	

THE SCHOOL LUNCH

As much, if not more, care is needed in selecting and preparing the food for the child's lunch at school as for the other meals served to the child. If it is inadequate or lacking in food essentials throughout the school year, his whole nutrition will be seriously affected, and his work at school will suffer. The school lunch is one of three meals and not just a "snack."

The food which the child takes with him to school to serve as a main meal should possess the following characteristics:

1. It should be abundant in amount for a hungry healthy child. A little too much is better than too little.
2. It should be chosen with regard to the nutritive needs of the child and in relation to the whole day's food.
3. It should be clean, appetizing, wholesome and attractive.

Make the Child's Needs the Basis of Selection

Select from the following chart, which has been discussed in the preceding pages, under "Meal Planning." Make the school lunch bear its full share of responsibility for carrying the foods that the child needs.

Food Selection Chart for Children

MILK— $\frac{3}{4}$ to 1 quart daily.

VEGETABLES—Two servings daily (in addition to potatoes).

FRUIT—Two servings daily (fresh, canned and dried), one of fresh fruit or canned tomatoes if possible.

CEREALS—Whole cereal bread usually. Whole cereal breakfast food usually.

WATER— $1\frac{1}{2}$ quarts liquid daily (included in other foods).

Foods Suitable to the School Lunch

Foods from the above groups are suitable to the school lunch in the following forms:

Sandwiches—Made as often as possible from whole cereal breads, as graham, whole wheat, oatmeal. Made to include some substantial food which will increase the value of the meal. Supplied in sufficient number to satisfy hunger. Made carefully and well.

Succulent foods—Whole orange, whole tomato, whole apples, apple sauce, peaches (whole or sliced), celery, stewed fruit, baked apple, sliced fruit, berries. Fruits and vegetables are especially important in the dietary of the growing child and pains must be taken always to include adequate amounts of them. They are not always easy to include in the school lunch, yet if the child is to be well nourished, some way should be devised to get them in.

Milk always—This should never be omitted. It may be carried in a special container provided for the purpose or it may be included in the hot dish.

One hot dish if possible—The value of hot food in the lunch is now so generally recognized that many country and town schools have made provision for serving at least one hot dish at the noon hour. If not available at school, the child may carry hot food in the lunch box. A vacuum container will solve the problem satisfactorily.

SUGGESTIVE MENUS

Milk appears in some form in each lunch.

- | | | | |
|---|--|---|---|
| 1. | 2. | 3. | 4. |
| Cream of Spinach Soup (in vacuum container) | Cream of Tomato Soup (in vacuum container) | Cream Cheese Sandwiches | Boston Brown Bread Sandwiches with Cottage Cheese Filling |
| Crackers | Ground Meat Sandwiches | Celery | Cocoa (in vacuum container) |
| Raisin and Nut Bread and Butter | Sliced Fruit | Tomatoes and Rice (in vacuum container) | Apple Sauce |
| Apple Sauce | Milk Chocolate | Custard with Jelly and Graham Crackers | Graham or Oatmeal Crackers |
| | | | 5. |
| | | | Cream of Potato Soup with Parsley (in vacuum container) |
| | | | Peanut Butter Sandwiches |
| | | | Stewed Prunes |
| | | | Plain Cake |
| | | | 6. |
| | | | Scrambled Egg Sandwiches |
| | | | Lettuce Sandwiches |
| | | | Milk (in container. See next page) |
| | | | Orange |
| | | | Molasses Cookie |

Preparation of Food

Sandwiches—Since sandwiches form a main part of the school lunch, their preparation is most important.

Breads—Wholesome breads should be used for sandwiches. Graham, whole wheat, oatmeal, brown, raisin, or nut bread are excellent. Cold bran or whole wheat muffins or filled rolls are often tempting.

Fillings—Fillings for the sandwiches for the school lunch require some special preparation. The filling should be abundant in amount and should play an important part in the sandwich.

Cheese, meat, eggs, nuts, dried fruits or vegetables to be used for sandwich fillings for children should be put through the food-chopper. Cheese, peanut butter and other compact substances should be thinned with cream. Ground meats, eggs, and vegetables should be moistened with a small amount of salad dressing or cream and vinegar.

Succulent vegetables should be provided, if possible. Finely

chopped celery, lettuce, watercress or sliced tomato may be used alone or with cottage cheese. Finely cut pineapple or orange may be used in sandwiches.

Jellies, jams and preserves make sweet sandwiches or a tiny jar of the fruited sweet may be tucked into the lunch box.

Dried figs, dates, raisins, thoroughly washed and steamed in a small sieve or strainer over boiling water for thirty minutes and then ground and moistened with a small amount of fruit-juice or salad dressing make excellent sandwiches.

Pickles, chow-chow and relishes should take a subordinate place in the school lunch box.

Sandwich making—The section on "Sandwiches," in the chapter on "Breads," gives full directions and recipes for a variety of sandwiches.

For the school lunch, the following points in sandwich making are most important:

1. Cut the bread evenly.
2. Soften the butter by creaming and spread it evenly (reaching the corners) over both the slices of bread that make the sandwich.
3. Make the thickness of the slice suitable to the kind and amount of filling used.
4. Wrap each sandwich separately in waxed paper in order to prevent the absorption of flavors from other parts of the luncheon.

Both slices of bread should be buttered, since butter keeps the bread moist and prevents the filling from soaking into the bread and thus making the sandwich wet and unappetizing. A ragged, crumbly, soaked or dry sandwich is not a tempting luncheon to serve even to the most indiscriminating person.

Hot dishes—Special vacuum containers make it possible to send hot cocoa or hot soup with the lunch, also a creamed vegetable, a hot pudding or other hot food. These containers never should be filled the night before the lunch is prepared. If foods prepared for dinner are to be used, these foods should be kept in a cool place uncovered over night and reheated in the morning.

Milk—If there is any possibility that the milk will not keep sweet for three hours, it may be put while cold into the vacuum container. Good milk properly kept should be in good condition if carried in a milk bottle or small glass fruit-jar.

Liquid and semi-solid foods—Stewed prunes and canned fruits may be carried in any small screw-top container. A cold rice pudding or other pudding, custards or similar desserts may also be carried in this manner.

Packing the Lunch

All foods not in containers should be wrapped separately in waxed paper before being placed in the box. The neatly wrapped articles should be placed, so far as is possible, in the order in which the food will be eaten, so that those found first may be eaten first without disturbing the remainder. The heaviest foods should be placed at the bottom.

Articles should be placed compactly in order to prevent the food from shaking about. Empty space may be filled neatly with paper. When space seems lacking, the difficulty may be overcome by more careful packing, by resorting to such expedients as cutting fruits or cookies, or by packing sandwiches the other way of the box.

The Lunch Box

Select a box that can be kept clean—Lunch boxes should be washed, scalded and aired daily. Those made of light-weight metal are best. Many attractive boxes are now made with a vacuum bottle which fits the box. These are highly desirable. A lunch box should not be air-tight, as a circulation of air prevents the mingling of odors. All food should be protected from dirt by wrapping.

Accessories—A small vacuum container of cup-like shape for hot foods, a screw-top container for liquid or semi-solid food, plenty of waxed paper, and paper napkins are essential lunch-box accessories.

The Hot School Lunch

In most cases the hot school lunch consists of one hot dish planned to supplement the lunch brought from home. In large centers, a greater variety of foods may be served if a cafeteria or school lunch system is established. The suggestions given here are particularly for the rural or small school.

What to serve—Milk soups (spinach, pea, asparagus, tomato, potato, peanut butter), chowders (corn, fish, vegetable, potato), brown stew, greens, rice cooked in milk, cocoa, or creamed vegetables with white sauce, are the dishes most suitable to serve at the school. They serve to supply both milk and vegetables in the meal, two of the most difficult foods to get into the lunch-box menu, and so supplement the lunch brought from home.

Supplies—Supplies may be purchased from a common fund to which each child contributes or the supplies may be donated by the children's families.

How to prepare and serve the food—Children under the supervision of the teacher may prepare and serve the food. The children may be divided into groups and assigned a special duty or groups may carry through the whole process on different days.

EQUIPMENT NECESSARY

(10 to 15 children at school)

Stove (top of stove used for heating, or an oil stove)	$\frac{1}{2}$ pint measuring cup
Kettle or double boiler	2 dish pans
Stew pan	4 towels
Tablespoon	2 dish cloths
Teaspoon	Soap and soap dish
Stirring spoon	2 holders
Paring knife	Glass jars for storing supplies
Quart measuring cup	Paper napkins
	Fireless cooker (desirable—may be home made)

MENUS FOR HOT SCHOOL LUNCH

The hot dish must always be planned to supplement the lunch brought from home. If the dishes for the week are planned well in advance the mothers may be notified and the lunches planned accordingly. The hot dish should be varied from day to day.

Hot Dish at School

1. Clear Vegetable Soup—tomato, potato, carrot, onion, peas, turnips and other vegetables
2. Cream of Tomato Soup
3. Cocoa
4. Creamed Carrots and Peas
5. String Beans
6. Scalloped Tomatoes

Cold Lunch from Home

1. Peanut-Butter Sandwiches
Jelly Sandwiches
Milk
Apple
2. Egg Sandwiches
Marmalade Sandwiches
Orange
Cookie
3. Date and Nut Sandwiches
Chopped-Meat Sandwiches
Celery
Canned Fruit
Cookie
4. Cottage Cheese and Raisin Sandwiches
Cabbage Salad
Ripe Bananas
5. Meat Loaf
Bread and Butter Sandwiches
Baked Apple with Raisins
Milk
6. American-Cheese Sandwiches
Salmon Sandwich
Apple and Celery Salad
Custard with Jelly

TABLE SETTING AND SERVICE

The true spirit of hospitality is often expressed through the serving of food. The taking of food with one another develops freedom and ease of manner more than does any other custom. It is very desirable, therefore, that the hospitable and social custom of eating together receive a background of harmonious, orderly and dignified service. Special equipment has been developed gradually to give background to food service, and rules have been formulated to guide the individual in the right use of this equipment to ensure the greatest convenience, comfort and pleasure to all who eat.

Skilled servants are necessary if all of the formal rules of table setting and service are to be observed. Simple table service rendered by members of the family can never compete in stately dignity and formal beauty with the table service which is in the hands of skilled butlers and maids, nevertheless it is more than richly compensated for in quaint dignity, in intimate charm and in group responsiveness, in warmth and happiness which comes with a mutual exchange of service.

All good rules are based on good reasons. If at any point a carefully analyzed rule fails to reveal a good reason for its observance, let us have the courage to modify it to suit our needs.

Table Coverings

The table-cloth is the form of table covering most frequently used, and if in an exquisite texture it may be considered the most formal type of cover. The table-cloth should always be laid over a silence cloth, which is usually of felt or a double-faced cotton material made expressly for this purpose. The silence cloth should drop over the edge of the table several inches. Many prefer to fold it at the corners and pin it underneath the table. The silence cloth prevents noise, protects the table and improves the appearance of the linen.

The table-cloth must be laid with great exactness. The center lengthwise crease should fall exactly in the middle of the table and the four corners at equal distances from the floor. The cloth should extend over the sides and ends of the table until its edges just escape the seats of the chairs. For breakfast, luncheon or supper, a smaller cloth may be used, simply covering the top of the table or falling a few inches over the edge. Great care must always be taken that the threads of the cloth are parallel to the diameter of a round table, or parallel to the edges of a square or rectangular table. A table seldom presents as restful and interesting a picture when the cloth is placed diagonally as when it is placed with the threads running parallel to the edges of the table.

The small table-cloth, or the cloth used on informal occasions, does not need to be the snowy white linen used for the formal dinner. Nothing is more satisfactory or pleasing than beautiful unbleached cloths with possibly a simple line design in color along the edge.

Doilies for each place are also used instead of the table-cloth and silence cloth, and are most satisfactory, not only for their ease in laundering but for their appearance when correctly arranged on a well-polished table top. The doilies should be simple in design and well grouped, in order that the table may not have too spotted an appearance. Where the table is used bare for a formal luncheon, unless the place doily is of the right size, it may be desirable to have small doilies under articles such as glasses, cups and saucers, bread-and-butter plates, and dishes containing food. The table should be protected by placing mats of felt or of asbestos covered with linen under the doilies upon which hot dishes are to be placed. A large doily or centerpiece is usually used for the center of the table; this more or less unifies the design made by the place doilies and the table is less likely to have a confused appearance.

Doilies may be round, oval or rectangular. If rectangular, the place doily may be large enough to accommodate the plate, the silver and the glass and no extra doilies are needed for the bread-and-butter plates. Care must always be used to see that the threads of all doilies are running in the same direction, usually at right angles to the sides and ends of the table, else the design of the cover is interfered with.

For the very informal occasion, as on the porch or in the camp, the use of an oil-cloth doily set is very appropriate. It may be made in any shape that conforms best with the surface on which it is to be used. The doily should be simply decorated in order to avoid introducing too many unrelated elements in the picture formed by the table top. If it is a choice between mussed linen cloths and clean oil-cloth doilies, the choice should favor cleanliness.

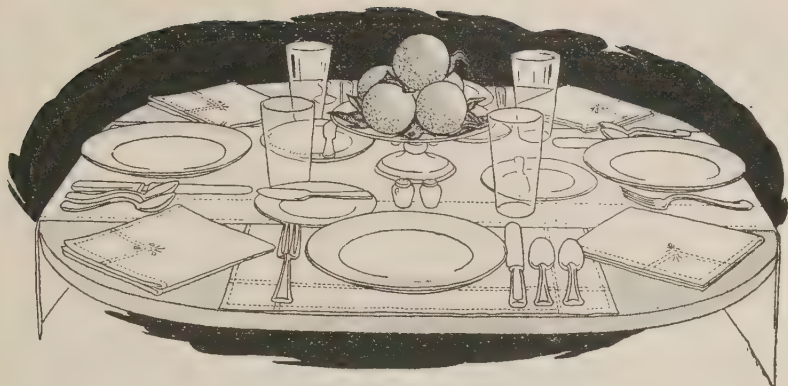
Runners are another type of covering used on the bare table. These may be made of linen, or of the various cotton materials sold for such use. The runner is used for the informal meal.

Paper coverings are being used more and more for very informal occasions and may be secured in a very usable quality and size.

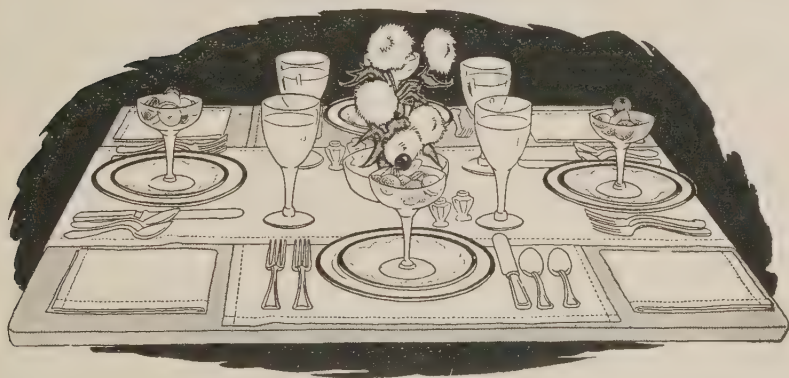
Napkins

In general, the napkin should be of the same pattern as the table-cloth, especially for the formal dinner or luncheon. For the less formal meal, it may be of any simple design or it may be a hemstitched square of plain damask or round-thread linen.

Dinner napkins should be folded square or in thirds with the monogram uppermost. Smaller napkins used for luncheon or breakfast may be folded in three-cornered shape, but preferably in a rectangular



A painted table is particularly appropriate for breakfast, and simple runners or doilies are suited to the informality of this meal. Where the table is small, it may be desirable not to place upon it the coffee pot and other service dishes. Serving may be done from the kitchen or from a side table placed at the left of the hostess.



Since luncheons may vary from the plainest to the most formal, a wide choice in table arrangement is possible. For the informal guest-luncheon linen runners with napkins to match are in good taste. Where the hostess is to do her own serving it is wise to have the first course in place when the guests come to the table.

shape in order to conform more nearly to the structural lines introduced in the design used in setting the table. Fantastic arrangements are never in good taste.

The dinner napkin is usually between eighteen and twenty-four inches square, while the luncheon napkin may vary from fourteen to eighteen inches in size.

The paper napkin is becoming more and more popular for informal use and has been so perfected that the better grade has quite a cloth-like texture and is very serviceable.

Decorations

The keynote of attractive decoration is harmonious simplicity. No form of decoration should obstruct the view of the guests. The color of the decoration should harmonize with the appointments of both the room and the table. The vases should be simple in form and of suitable color, whether in glass or pottery or metal. The elaborateness of the decoration depends on the formality of the meal. Some simple form of decoration, such as a low fern, a few flowers in a low glass bowl, or a gracefully arranged fruit bowl is always a pleasing accompaniment to the most simple meal.

Candles alone or in combination with other forms of decoration are very beautiful. In the daytime, candles are permissible only when the lighting is inadequate or the day is dark. Candles may be shaded or unshaded, as seems best. If unshaded, they should be arranged so that the light of the flickering flame does not bother the guests.

Place cards are customarily used at formal meals for convenience in seating the guests. They may be placed upon the napkin or toward the upper left-hand corner of the cover. The elaborately decorated card sometimes used for special entertainments is usually placed in front of the cover.

Menu cards are used only at public functions. They are usually placed upon the napkin.

Placing Chairs

The chairs should be so placed that the front edge of each touches or is just below the edge of the table-cloth. They should be close enough to the table so that little movement is required when guests are seated or rise from the table.

Laying the Table

In the placing of silver, china and glass, exactness must be observed; upon their orderliness in arrangement depends much of the charm of the table. The arrangement must be carefully studied in order that the design of the table top may not appear confused. The ends of

the handles of all of the flat silver placed to the right and left of the plate must be in a perfect line with reference to the edge of the table.

Twenty inches of space is the smallest distance which should be allowed for each cover and twenty-five or thirty inches is better. All covers should be arranged as nearly alike as possible, the silver and dishes placed closely together but without crowding.

Determine first where each person is to be placed. Such a place is called a cover. For formal serving, place a plate in the center of each cover and one-half to one inch from the edge of the table (at a formal dinner, it is considered good form always to have a plate before each guest until the table is cleared for dessert). This is called a service plate and is usually of the hostess' most cherished china. Upon this service plate are placed dishes containing the first courses of the meal, such as fruit, oysters and soup. It is not removed until it is exchanged for the first hot course after the soup is served.

For less formal service, omit the service plate. Determine the center of the cover and begin setting the table by arranging the silver at each cover. All flat silver is laid in the order of its use, starting with the piece farthest from the plate on either side; sometimes an exception is made to this rule in that the large dinner knife and fork are placed next to the plate on either side. The two pieces of silver which come next to the plate, the knife or spoon to the right and the fork to the left, should be far enough apart so that the edge of the largest plate to be used at the meal will not lie over them. They are placed one-half to one inch from the edge of the table. The other knives or spoons at the right, or forks at the left, are placed close to the first ones arranged, but must not touch them, and they are all arranged so that the ends of the handles are one-half to one inch from the edge of the table. All the silver must be in the same straight line, compact but never crowded.

The knives are placed to the right, the cutting edge toward the plate. The spoons are placed to the right with the bowl up. Forks are placed to the left with the tines up, with the exception of the oyster and canapé forks, which are placed to the right, because they are used by the right hand and no knife is used with these courses.

Not more than three knives and three forks (not counting either butter spreader or oyster fork) should be laid at one cover. If the meal contains courses enough to call for more silver, it will need special persons to serve it, and the additional silver is laid just before the course requiring it. Silver for the dessert is not placed on the table when first laid unless the meal is being served without a maid. It is placed quietly at the cover just before the course is served, or is served on the plate containing the finger-bowl and doily, the fork at the left of the bowl and the spoon at the right.

The bread-and-butter plates are placed at the tips of the forks, or slightly to the left. At formal dinners, these plates are usually omitted, since butter is not served, but some hostesses prefer to have them placed on the table as convenient receptacles for bread, olives, celery and nuts.

Glasses are filled three-fourths full and placed at the upper right-hand side at the tip of the knife, or slightly to the right of the tip of the knife. If two glasses are used, they are placed side by side at the tip of the knife and parallel to the edge of the table. If three glasses are used, they should be arranged in an interesting group slightly to the right of the tip of the knife.

Tea and coffee spoons are laid across one side of the saucers, the handle of the spoon and the handle of the cup on the same straight line; fruit spoons are laid on the fruit plates; and the butter spreader is placed across the rim of the bread-and-butter plate, the handle pointing diagonally toward the service plate, or it may be placed on the rim of the bread-and-butter plate perpendicular to the edge of the table or taking the same direction as the other flat silver. This latter method is perhaps more harmonious with the structural lines of the table, though possibly slightly less convenient for the guest.

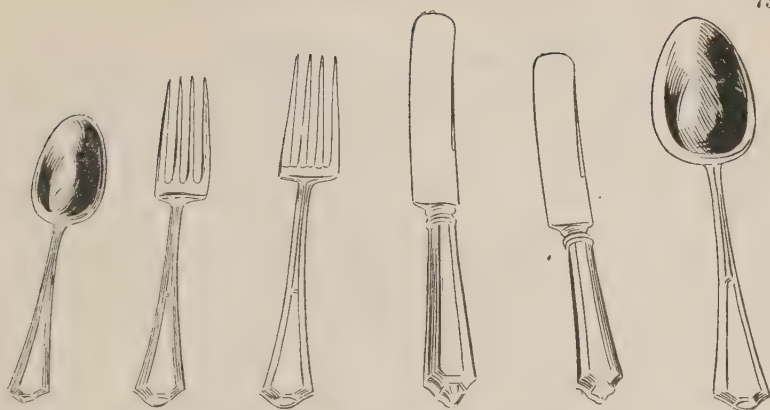
If individual salts and peppers are used, they should be placed directly in front of each cover, but the newer method is to use not more than one pair for every two or three persons. They are then placed in a convenient position for the group.

The carving-knife and fork may be placed on the side table until needed; if placed on the table, the knife and gravy spoon are laid at the right, the fork to the left of the host. The carving-knife should be sharp, as it is not good form to sharpen the knife at the table.

Individual dishes for nuts or bonbons, when used, are placed in front of the cover. They should be replenished from the side when necessary.

If finger-bowls are needed after the first course, they may be placed in front of the cover when the table is laid. The finger-bowl is usually brought in on a plate on which there is a doily and placed directly in front of the guest after the last course. Another method is to place a doily on the dessert plate, then the finger-bowl and often the dessert silver, and place this directly in front of the guest. The guest removes the silver, placing the spoon to the right, the fork to the left, of the cover. Then he removes the finger-bowl and doily and places them in front of the cover, leaving the plate ready to receive the dessert.

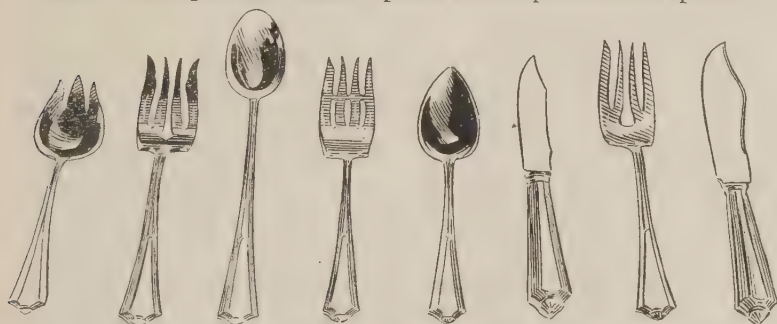
The napkin is placed to the left of the cover with the loose edges parallel to the forks and to the edge of the table, or is folded in thirds and laid on the service plate. The lower edge should be in exact line with the lower tips of the handles of the silver on both sides of the plate.



In the serving of simple meals a set of flat silver consisting of tea-spoons, tablespoons and one or two sizes of knives and forks will suffice.



More formal meals call for after-dinner coffee spoons, oyster forks, butter spreaders, dessert spoons and soup or bouillon spoons.



For elaborate entertaining, where meals of many courses are offered, the silver may include ice-cream forks, salad forks, iced-tea spoons, pastry forks, orange spoons, fruit knives and fish knives and forks.

By courtesy of the Gorham Company

The Duties of a Waitress

Each hostess may have her own particular manner of executing certain details of service. This is often a very attractive way of expressing an individuality, yet underneath it all there are a few fundamental principles that are general to any good service.

As in table setting, these rules are only suggestive and should not be used unless they seem adapted to the occasion.

The service of a meal should be straightforward, prompt and orderly. The waitress should be attentive and deft in adapting customary conventions to suit the needs of the guests and the occasion. She should be neat and clean, with especially clean hands and nails, and should be very quiet in her service, in the handling of the silver and china and in her steps.

In carrying, dishes should never be allowed to touch the dress, and in handling plates or bowls the thumb should never be allowed to extend over the rim. The tip of the thumb may be on the edge of the plate or the thumb may be parallel to the edge of the plate, grasping the plate by the fleshy portion of the thumb.

It is the duty of the waitress, whether she be a servant or a member of the family, to organize her work so that suitable dishes and silver for each course are in readiness. It is desirable, when possible, to have the silver and china for each course separated so that it can be easily and quietly selected at the moment desired. The serving-table, tea-wagon or sideboard may be used for this purpose. A generous supply of silver should be provided, as an emergency in serving may easily arise, such as the need for an extra fork for a guest's use when helping himself from a dish.

Hot foods should be served in hot dishes and cold foods in chilled dishes. In order not to chill food which should be hot, it is a great help to have the course plates very warm. Certain foods such as toast, baked potatoes and biscuit, may be covered with a napkin to assist in keeping them warm.

Food should be arranged in dishes of appropriate size and shape. The amount of food should be regulated by the size of the dish. The arrangement of each dish should be thought of as a design and should, therefore, be well balanced, and not crowded. In arranging food such as a salad on a plate it should be kept well within the rim of the plate.

The water glasses should be filled three-fourths full and the butter placed on the bread-and-butter plates or chips, if butter is to be used, just before the meal is served.

Placing Dishes and Passing Food

Custom has developed rather definite rules concerning the placing and removing of dishes after the guests have been seated, but even these set rules may be changed if another way seems more graceful or convenient for the guest, or for the waitress.

The following directions indicate the preferred methods:

1. Place from the right and remove from either the right or left of the guest. Care should be taken never to touch a guest but to stand as far away as convenient.

2. When the waitress removes a dish from the right of the guest she uses her right hand, and when she removes from the left she uses her left hand.

3. When a plate is to be removed and another placed immediately, the preferred form is to remove from the right and place from the left of the guest.

4. Food which is passed by the waitress should always be offered at the left of the person being served, unless a left-handed person is being served. This permits the guest to use his right hand in helping himself. The waitress should see that adequate silver is placed on the dish, in a convenient position. She should hold the dish low enough and close enough to the guest's plate for the guest's greatest convenience. If necessary, the silver should be arranged conveniently before offering to each guest. The waitress should hold the dish containing food on her left hand, steadying it with her right hand if necessary. A squarely folded napkin should be placed on the palm of the left hand under the dish containing the food. This is called the service napkin and should be used only under dishes containing food to be served. It is not used in removing or placing plates or in removing other dishes.

A serving-tray may be used for passing and removing two or more small articles such as the cream pitcher and the sugar-bowl or extra pieces of silver. To keep these articles from slipping, a suitable doily is placed on the tray. Passing should invariably be done from the left.

5. Food should be placed on the table, passed and removed in the order of its importance in the course. For instance, remove the serving dishes and the silver, the course plates and silver, then any unused dishes provided for the course. Bread-and-butter plates are left on the table until after the salad course. At an informal meal, where the salad is served with the meat course, the course plate and the bread-and-butter plate are removed from the left side, the course plate being removed with the right hand, the bread-and-butter plate with the left hand. The bread-and-butter plate may be quietly placed on the course plate, then the salad plate may be removed with the right hand, from the right side of the guest, always keeping the soiled dishes back of the guest. More stacking than this is usually bad form, unless one is having a family service and quiet stacking is of great assistance. Stacking is very informal and should be used only within the intimate family circle or informal group.

6. Glasses should not, if possible, be lifted from the table for refilling. If it is impossible to reach them where they stand, place the hand near the bottom of the glass and slide the glass toward the edge

of the table. Fill, and slide it back into position. The attentive waitress replenishes the glasses without being directed by the hostess.

7. When clearing the table for dessert, all salts, peppers, bread-and-butter plates and relish dishes should be removed. Usually nothing remains on the table but the center decoration and glasses or side dishes which may be used for the dessert course, or, in informal serving, the dessert silver. The reason for this is that a bare table is easier to crum. Each place should then be crummed, using a small folded napkin and a plate, working on the left side of the guest.

Styles of Service

Russian—The style most commonly used for formal dinners and luncheons. Here the food is all served individually from the kitchen; and no food, with the exception of relishes, olives or celery, is kept on the table. There should be one waitress for each eight covers. Individual plates may be arranged in the kitchen or each may help himself from large service platters passed by the waitress.

English—Here all the food, a course at a time, is served by the host or hostess or both. There is a feeling of hospitality derived from this method of service that is not approached in the more formal Russian style.

Compromise—A combination of the two ways preceding, and the one commonly in use in most of our homes to-day. Just before announcing to the hostess that the meal is served, the waitress sees that the glasses and water pitcher are filled and that bread and butter are on the table or sideboard. If the meal is an informal one, the first course may be placed. During the meal, the waitress remains in the room as much as possible and stands where the hostess can easily signal to her.

Seating Arrangement

The guest of honor, if a woman, is usually seated at the right of the host; if a gentleman, at the right of the hostess. At a woman's luncheon, the guest of honor is placed at the right of her hostess. At a public dinner, a woman is seated at the right of her escort.

Although custom has made the above rules, they may be greatly modified by the formality of the meal and by the number of guests.

At a formal dinner, the hostess carefully arranges her guests, using place cards to indicate the seating arrangement. Guests do not go into the dining-room as they choose; each gentleman gives his arm to the lady designated by the hostess. When place cards are used, the host and the lady accompanying him usually lead the way, while the hostess and her escort bring up the rear.

On less formal occasions, the hostess may enter the dining-room first and direct the seating of the guests.

It is often convenient for the hostess to be seated nearest the pantry door if she is serving, but if a maid is serving she may prefer sitting opposite the pantry door in order to direct with more ease the coming and going of the maid.

Guests should stand back of their chairs until the hostess gives the signal to be seated. The gentlemen should seat the ladies before taking their own places. One should seat himself from the left side of the chair and rise to the left of the chair. At the end of the meal, the guests wait for the hostess to rise as a signal for others to do the same.

The Formal Dinner

There are two methods of serving the formal dinner, using the Russian style. One is to serve each course arranged on individual plates. Each course is exchanged for the following course, therefore a guest is never without a plate in front of him excepting when the table is cleared and crummed. In this service, the plates are brought in, one at a time, and removed in the same manner.

The other method is to have each course artistically arranged and separated into individual portions on a large dish or platter, accompanied by the necessary serving-spoon, knife, or fork. The dish is passed to the left of each guest after the plates and silver for the course have been placed. The plate for the following course must always be placed immediately after the soiled course plate is removed. The guest must never be without a plate before him. A service napkin is carried by the waitress on the flat of the left hand, in the formal service.

Order of Service

The modern custom is to serve the hostess first, then the guest of honor, then the other guests in any convenient order, and to serve the host last; but, if preferred, the guest of honor may be served first.

If cold, the first course may be on the table; if hot, it is served after the guests are seated.

The course plate is brought in on the napkin on the flat of the left hand, and the service plate removed and the course plate placed. If bread-and-butter plates are used, they are usually on the table before the guests enter.

To remove the main course, remove the bread-and-butter plate and the side dishes from each cover, then remove the course plate, replacing it with the plate for the next course or with a service plate.

To prepare the table for dessert, remove everything in front of each guest except the glasses and the silver for the remaining course. To remove the crumbs, use a folded napkin and brush the crumbs into a plate.

When the dessert is finished, exchange a dessert plate for an after-dinner coffee cup. The cup is placed directly in front of each guest with the handle toward the right, with an after-dinner coffee spoon on the saucer parallel with the handle of the cup.

At the end of the coffee course, the coffee cups are exchanged for the finger-bowls if these were not placed with the dessert course. They are placed directly in front of each person. The bowls are filled half full of water, and should be placed on a small plate on a doily. The filled bowls should be placed on the side table before the meal is announced. Small green leaves or flower petals may be placed in each bowl. If coffee is to be served in the drawing-room, the finger-bowls must be brought in with the dessert.

Informal Dinner or Luncheon

For the informal dinner or luncheon, the English or the Compromise style of service is used. The number of courses should be fewer than for a formal dinner. The folded napkin is used in placing or exchanging plates or in removing from the table dishes containing food. The serving tray is used when necessary to pass or remove two or more small articles such as cream and sugar, salts and peppers, or the individual side dishes.

If a beverage is to be served, a tray is placed at the right of the hostess, the creamer and sugar-bowl and tongs, with a bowl into which to empty cold tea or coffee when the cups are refilled, are placed in front of the hostess. If there is not room for all necessary cups, the maid should bring a fresh cup from the serving-table each time she takes from the hostess a filled cup. The hostess should ask a guest at table his preference as to cream and sugar.

The serving silver may be placed on a side table, or on the table as desired. The spoon and fork for the salad are usually laid on either side of the salad bowl.

The carving-knife and fork are laid to the right and left, respectively, of the host.

A water pitcher may be placed upon a small plate or tray, on which there is a doily.

The service is the same as that given for Russian style except where specified.

Order of Service

The first course may be removed in the same order in which it was brought in.

Place the hot plates in front of the host. Bring in the main dish, then the vegetable, which is placed to the right of the host. If a casserole is used, remove the casserole cover and place it on the side table.

The maid stands at the left of the host and as the plates are filled places them on the napkin on her left hand and serves them in the prescribed order.

Hot accompaniments are next passed, then placed on the table in some convenient place. If they are served in individual dishes, they may be brought in on a tray, and placed from the left, below the bread-and-butter plates.

If the beverage is served from the kitchen, bring in two cups at a time, and place from the right. The handles of the cups should be parallel to the silver and toward the user.

Remove dishes and food in the following order: meat, first vegetable, second vegetable (if served in a vegetable dish), relish, gravy, side dishes (two at a time from the left), and lastly the dinner plates (one at a time). The relish and bread-and-butter plates may be left on until after the salad course, if desired.

For the salad course, the salad plates are brought in two at a time. They are removed in the same order. Remove the salt and peppers after this course. The dessert is usually served after the salad, following suggested rules.

Service Without a Maid

If there is no waitress, the menu must be simple, and consideration must be given to the details of the service before the meal is served. A small table or tea-wagon at the right hand of the hostess is very convenient.

All foods which need not be served very hot or very cold may be placed either on the table or on the serving-table. Food on the serving-table may be covered with a napkin until the time of service.

Bread-and-butter plates may be placed when the table is laid. Cups and saucers, and the sugar and cream may be on the table before the family is seated, or they may be on the serving-table at the right side of the hostess.

A pitcher of water may be placed on the table near some member of the family, who replenishes the glasses.

The hostess serves the beverages at breakfast, the dessert and beverage at dinner, and the hot dishes or salad at luncheon or supper. The host usually serves the meat and vegetables. Other members of the family may serve the fruit at breakfast, the vegetable in individual dishes at dinner, and the fruit at luncheon or supper.

All service silver should be placed on the table or laid on the serving-table ready for use.

Special pains should be taken that everything necessary is provided, so that there will be as little occasion as possible for leaving the table.

CARVING

Satisfactory carving depends, first, upon a knowledge of the anatomy of that which is to be carved. Familiarity with the location of joints and the directions in which fibers run can be gained only by experience in handling meats, both before and after cooking.

The second requisite to good carving is good tools with which to work. Sharp carving-knives of different sizes are needed for different meats; strong, two-pronged forks with guards must be provided; a serving-spoon for the gravy must be at hand and the platter must be large enough to give adequate room to the meat itself and the portions which are carved. The carving-board has recently come into use in some homes for carving at the table. It offers a better surface for holding the meat than does the platter. A board like that used for planked steak or fish may be bought and used for this special purpose.

Carving-knives should be sharpened each time before they are placed on the table. The sharpening should never be done at the table.

The carver should remain seated. Enough meat should be carved to serve those seated at the table before the serving is commenced.

Beefsteak

The simplest meat to carve is steak. Carving is made easier if the bone is removed from the steak before the meat is cooked, but the attractiveness of the steak is lessened. If this is not done, the carver should first separate the meat from the bone by cutting along the edge of the bone with the thin point of the knife. Beginning with the wide or bone end of a porterhouse steak, and following the grain of the meat, the steak is then divided into sections an inch or slightly more in width, depending on the number to be served. In porterhouse and similar beefsteaks, the tenderloin and the wider section of the steak are most tender and have the finest flavor and texture. For this reason, steaks of this kind are carved in small sections and a serving of the finer quality meat with one less choice is given to each person. The small or flank end of a porterhouse steak is of poor quality. If not removed before cooking, it is not served unless the number of guests demands that it be used. A bit of garnish, a spoon of dish gravy, and, if the steak is planked, a serving of vegetables are placed on the plate with each serving of steak.

Roast Beef

The next simplest task for the carver is roast beef. All roasts are carved straight across the grain of the meat.

To carve fillet or tenderloin, hold the meat firmly with a fork grasped in the left hand and thrust into the meat. Cut the meat squarely across the grain in slices slightly less than one-half inch in thickness, beginning with the thick or forward portion of the tenderloin. Serve one slice to each person.

Loin, round, or rump roasts are carved in the same way as tenderloin except that the cross-grain slices are cut as thin as possible, since the meat is less tender than the fillet.

In rib roasts containing the bones, the ends of the ribs are usually garnished with paper frills for service that is formal. The roast is placed on the platter with the ribs protruding to the left, the skin side uppermost. The carver thrusts the fork firmly into the thick center of the roast, and with the knife held in the right hand cuts very thin slices across the grain of the meat at the thick end of the roast until the knife meets the bones. When several slices have been carved, the point of the knife is drawn along the edge of the bone and the slices are separated from the bone.

Rolled roasts—If the ribs have been removed, the roast is rolled and the meat is held together by wooden skewers or separate cords tied around it. The skewers are placed directly across the grain of the meat, parallel to the slices, and are easily removed. Only one cord should be removed at a time, as it is reached in carving. Rolled, porterhouse, or Delmonico roasts are held in place for carving by means of the fork thrust firmly into the meat just below the slices that are being cut and moved downward in the roast as the carving proceeds. The slices are cut across the grain and should be very thin.

Lamb, Pork, Etc.

Leg of lamb—The roast is placed on the platter with the small bone to the left of the carver and the curved side of the leg uppermost. Hold the roast with the fork placed firmly in the center muscle. Cut thin slices across the grain of the meat to the bone. Insert the point of the knife beneath the cut slices and cut along the surface of the bone to release them. Leg of lamb may be boned before roasting to facilitate carving. The slices are then cut straight through the roast. It is not as good, however, as when the bone is left in.

Loin roast—The backbone of the loin of lamb, veal or pork should be cut at each rib before the loin is roasted. The roast is placed on the platter with the ribs downward and the smaller end of the roast at the left. It is carved by cutting between the ribs, serving one rib to each person. Crown of lamb is carved in the same manner.

Saddle of mutton—This roast is prepared like an unboned rib roast. It is usually carved by first separating the meat from the bone. This is done with the roast resting on the platter bone down and the end

diagonally toward the carver. A long cut is made the entire length of the backbone, separating the meat in two parts. One-half is then removed from the bone by running the sharp point of the knife underneath the meat close to the surface of the bones. The meat thus separated is carved like a fillet or tenderloin roast.

Roast pig—Cut off the head, split the meat down the back, take off the ham and shoulders, and separate the ribs.

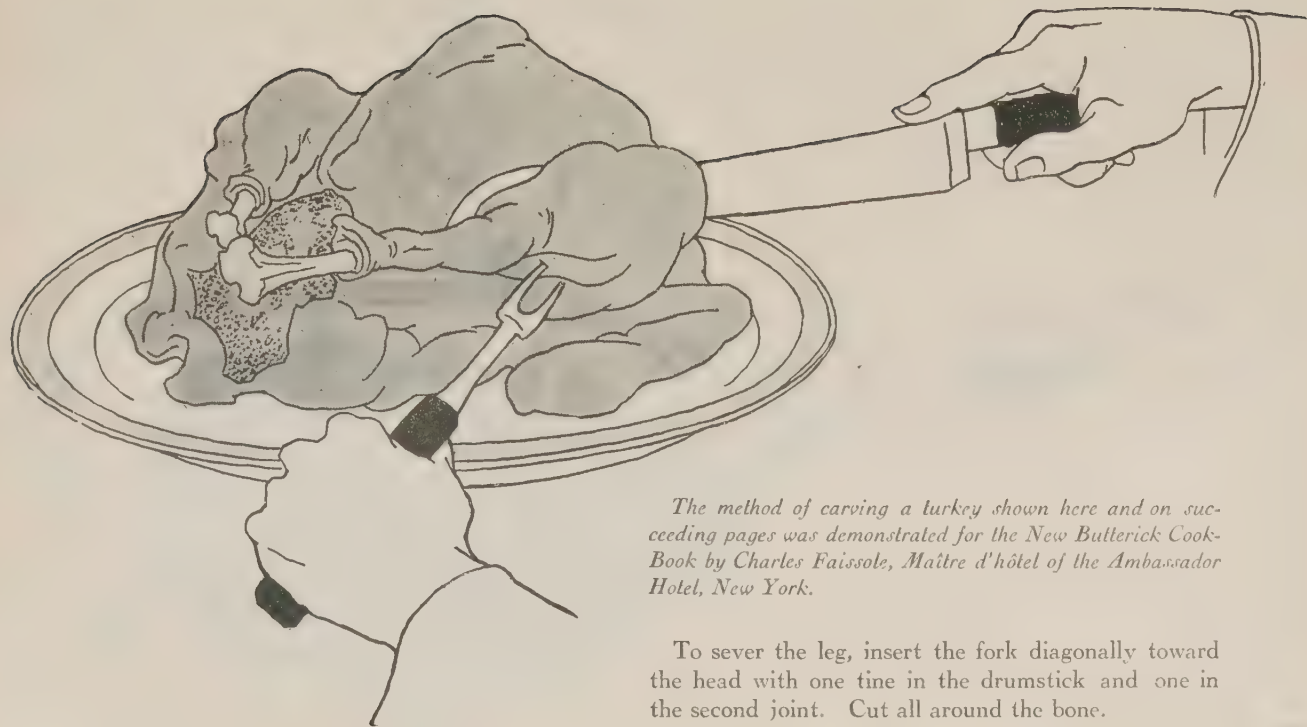
Poultry

The roasted bird—Place the bird on its back on the platter or board with the drumsticks at the left of the carver. Grasp the carving-fork firmly in the left hand with the tines pointing toward the bird's neck and the tips turned away from the bird. Insert it into the leg in this position, being sure that one tine goes diagonally through the drumstick and the other through the second joint. With the knife cut all around the bone, turning the bird over on its side, if necessary, to cut under the leg. Press against the side of the bird with the flat of the knife and use the fork as a lever to bend the leg back. This will separate the hip joint, and the leg can be lifted off without difficulty. Without removing the fork, lay the leg down flat—using a plate if the platter or board is too small—with the open end pointing to the left, and insert the knife from right to left between the tines of the fork. In this position it should rest directly over the joint, and the knife should go through when pressed down. The inexperienced carver may have to do some feeling around for the joint, but a little practice will enable him to insert the fork so that when the knife is placed between the tines it will fall upon the joint.

Shears especially devised for carving at table may be used for severing the legs and wings from the bird and for separating one joint from another.

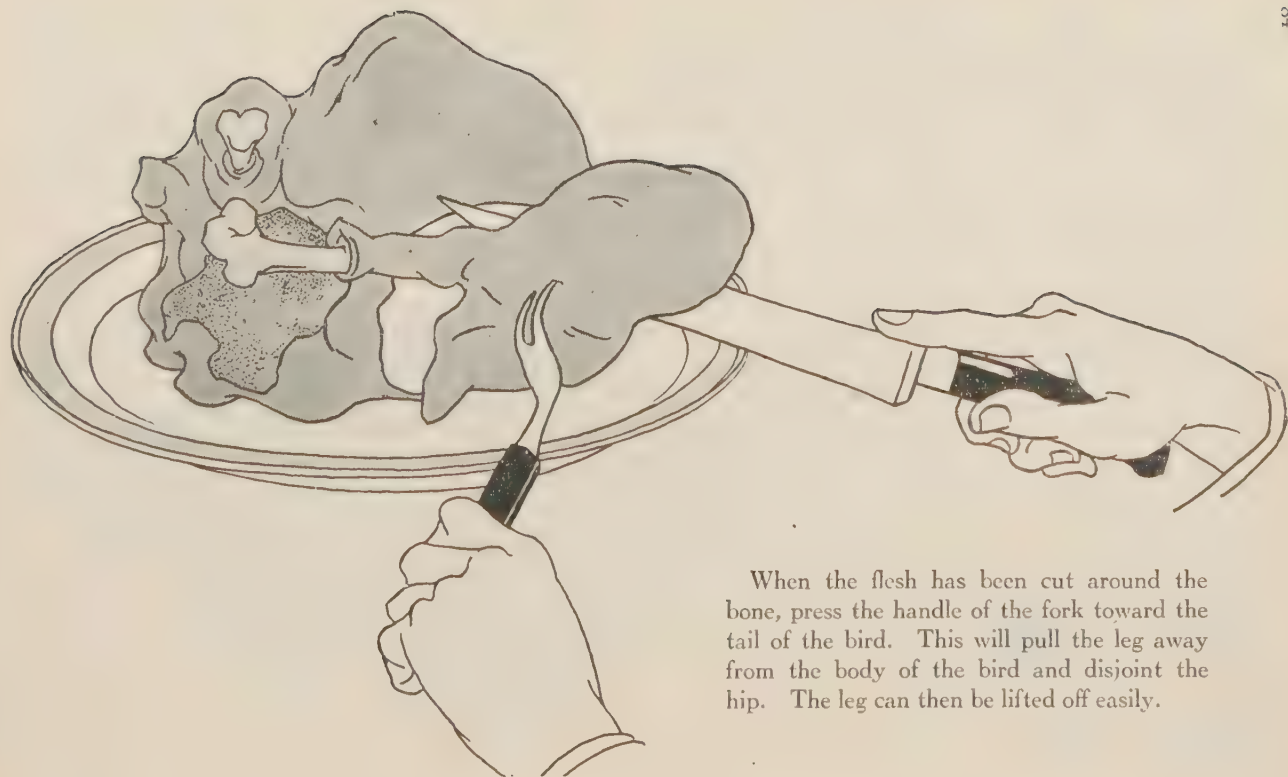
Next insert the fork through the side of the bird, rather low down, and hold it firmly, cutting the breast downward in thin even slices. Slices of white meat are served with slices from the second joint to each person at the table. If more portions are needed, the wing is severed in the same manner as the second joint of the leg and similarly divided. The tip of the wing and the drumstick are not usually served if it can be avoided, but are used for other purposes. If more than one side is needed, turn the bird on its side and remove the second leg in the manner described. Then stand it up on its back, turn the platter around and slice from the breast as directed for the first side. No more portions should be carved than are to be served at the meal.

Joints of ducks are found much farther toward the back than those of turkey or chicken. Shears are particularly useful in disjointing these deep-jointed birds. Only the breast meat of wild duck is served. Half a breast is usually removed in one portion and served to one person.

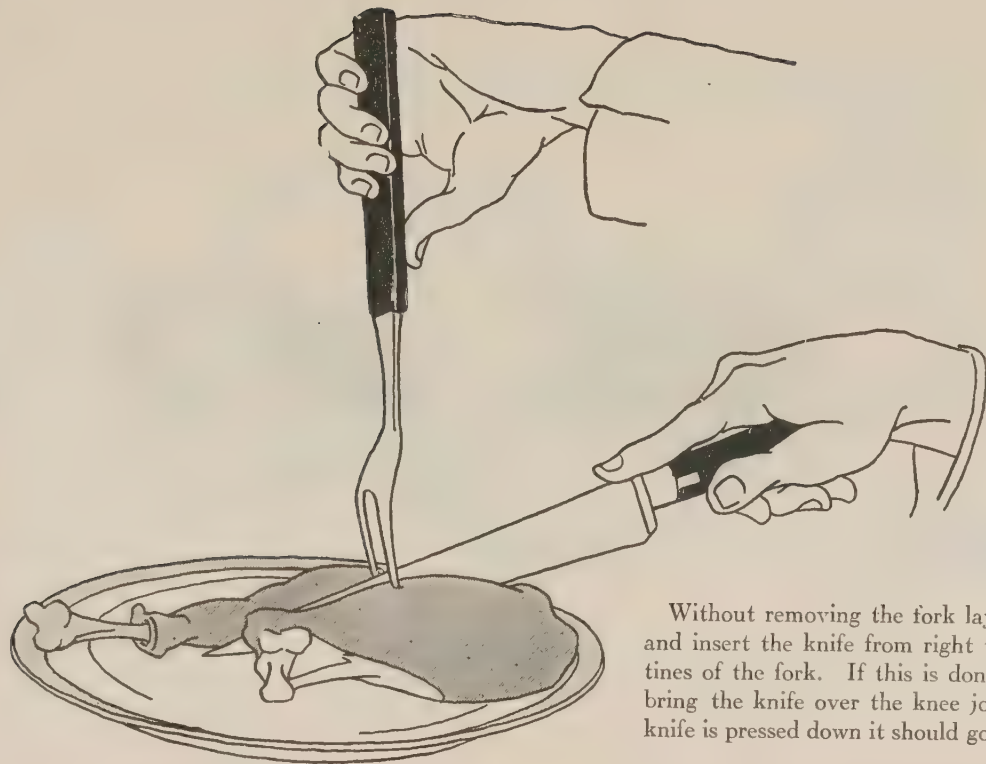


The method of carving a turkey shown here and on succeeding pages was demonstrated for the New Butterick Cook-Book by Charles Faissolle, Maître d'hôtel of the Ambassador Hotel, New York.

To sever the leg, insert the fork diagonally toward the head with one tine in the drumstick and one in the second joint. Cut all around the bone.



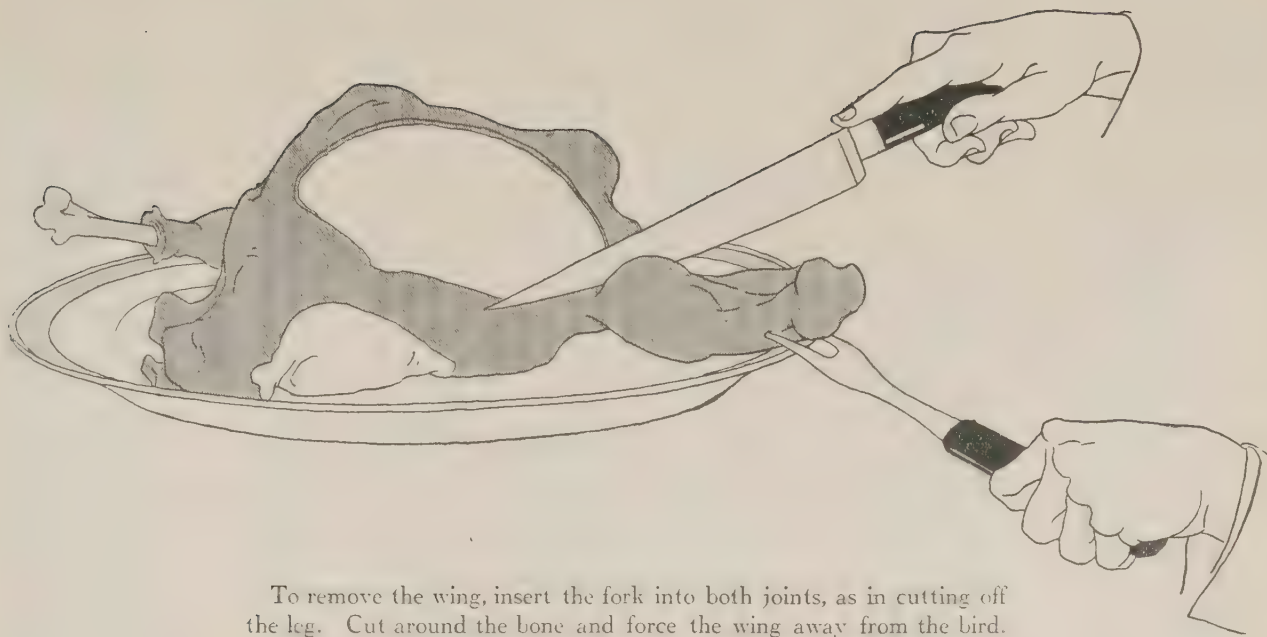
When the flesh has been cut around the bone, press the handle of the fork toward the tail of the bird. This will pull the leg away from the body of the bird and disjoint the hip. The leg can then be lifted off easily.



Without removing the fork lay the leg flat down and insert the knife from right to left between the tines of the fork. If this is done accurately it will bring the knife over the knee joint, and when the knife is pressed down it should go through the joint.¹



To carve the breast, hold the bird firm by inserting the carving fork into the frame rather low down, and slice the white meat in thin, long slices.



To remove the wing, insert the fork into both joints, as in cutting off the leg. Cut around the bone and force the wing away from the bird.

Broilers—The bird should be placed on the platter with the head toward the carver. Insert the fork in the second joint, make an incision around the leg joint, bend the joint over sharply with the knife and sever it from the body. Split the breast in two. Serve half the breast and a second joint to each person. The drumstick may or may not be cut from the second joint before serving.

Fish

Special carving sets are required for fish. The knife is usually silver bladed. Care should be taken that as little bone as possible is served and that the flakes of fish are not broken.

Baked or planked fish such as cod, haddock, shad, or bass, when twisted into an S shape and cooked in an upright position and served whole, are placed on the platter with the head of the fish at the left of the carver and the convex curve of the fish on the farther side of the dish. A cut is made along each side of the backbone the entire length of the fish. The fish is then cut through the gashes that have been made in the skin in preparing the fish for cooking. These are usually two inches apart. Each portion is separated and laid away from the bone. The opposite side of the fish is treated in the same manner. The bone is raised to reach the stuffing and a section of fish with a little stuffing and sauce is served each person.

If the fish is baked and served on its side, it is divided into sections by cuts made straight across the fish to the backbone, but not through it. The knife is then slipped under the flesh and the portion is separated from the bone. When one side of the fish is removed from the bone, lift up the backbone and remove it and divide the lower portion.

Middle cuts or thick pieces of such fish as mackerel or salmon are placed on the platter with the skin surface uppermost and the back away from the carver. The fish is carved in thick slices down to the bone, the knife is slipped under and the portions are removed from the bone.

Thin fish that are split down the back and broiled are divided through the middle lengthwise and each half is divided into as many portions as desired. Small panfish, smelts and perch are served whole.

Rabbit

Rabbit is placed on the platter with the back up and the head toward the left of the carver. Separate the near shoulder and then the hind leg from the body by cutting around between them and the body and carrying the knife up nearly to the backbone. Bend the legs outward and cut through the joints to separate them. Place the fork firmly in the back and cut several slices from the loin parallel to the backbone. The center of the loin is the choicest meat of rabbit.

CEREALS

Cereals or grains are the seeds of certain grasses, the most important of which are wheat, oats, rice, barley, corn, rye and buckwheat. To most persons "cereals" designate only breakfast cereals, and while the term "cereal foods" actually does include also commercial products made from cereals such as corn-starch and the different flours, macaroni and spaghetti, the present chapter deals only with cereals in the breakfast-cereal sense. There are many kinds of breakfast-cereal products on the market, most of which are made from the above list of cereals, but which differ because of variety in the processes of their manufacture.

Storage of Cereals

Cereal products are liable to spoilage for two reasons: they may become wormy or they may become rancid. Products made from the whole grain are more subject to spoilage than the refined products, because the whole products contain the germ, which is high in fat, and it is this that becomes rancid; it is this, also, that offers suitable material for the development of eggs laid by insects.

Insects may lay their eggs on the cereal any time after the grain is threshed, either during the process of manufacture or in the store or home during the storage period. Even package goods are not necessarily sterile, although some manufacturers make their products under such sanitary conditions that exposure to insects during the manufacturing process is very rare.

Cereals should be purchased from a dealer whose store is known to be kept in a sanitary condition. Closed glass jars are excellent for keeping cereals. If package cereal is purchased, it should be placed in closed glass jars after it is opened, thus insuring against infection by insects.

Unless there is a cool, dry place for storing cereals, they should be purchased only in amounts that can be used in a few days. This is especially true in warm weather. With a suitable storage place, however, cereals and flour may be kept for several months.

Effect of Manufacturing Processes

Seeds are made up of starchy material in a network of protein and protected by several coats of fiber or bran or cellulose. In the process of manufacture a part or all of the outer coats may be removed so that the actual composition of the cereal is a matter determined by the method of manufacture. "Refinement" is a term used in reference to the amount of the outer coating that is removed. If a large part is

removed, the cereal is called highly refined; if a small part is removed, it becomes less highly refined; and if the coats are not at all, or but slightly removed, it is called "whole." So that the terms "whole" and "refined" refer to the amount of outer coating which the cereal contains and not to the size of the particles into which the grain is ground.

One way to determine whether cereals are whole or refined is by the color. The less highly refined cereals are apt to be dark in color, and the more highly refined cereals are light in color.

In the manufacturing process, seeds may be ground coarsely into meal, as oatmeal, for example; or finely into flour, as white flour; or they may be crushed and rolled as in the case of rolled oats or rolled wheat; or they may be left whole. Also, they may be uncooked, or they may be partly or entirely cooked. Thus we have rolled oats or wheat, a partly cooked product; and the long list of ready-to-eat cereals or entirely cooked products which need only reheating to be ready for the table.

Cereals high in starch and low in cellulose or bran absorb more water than do cereals containing less starch and more cellulose or bran. Also, coarsely ground or whole cereals require more time to cook than the finely ground cereals. These facts determine the method used in cooking. A refined cereal will require a proportionately larger amount of water than a whole cereal, though it will require less time in the cooking; a coarsely ground cereal will require longer time than a finely ground cereal.

Cooking Cereals

The main reason why cereals are not popular with many persons is that often they are not thoroughly cooked. Thorough cooking is necessary for two reasons: first, cellulose requires plenty of time to soften; and second, starch gains in flavor by cooking.

Methods of cooking—Cereals may be boiled directly over the heat; steamed, as in a double boiler; or cooked in a fireless cooker. The former is a quicker process but requires attention in order to prevent sticking; and, even when stirred frequently, some sticking may occur. Since the slower cooking develops the flavor and more thoroughly softens the cellulose, the use of either double boiler or fireless cooker is recommended.

Amount of water needed—Tastes differ greatly concerning consistency of cereals. Some persons like a thin cereal, almost a "gruel;" others prefer a thicker product, or "mush," while still others choose a thick "porridge." The following suggestions are only general. A good plan is to determine the proportions that best suit the family and to make your own rules.

1. Rolled cereals such as rolled oats or rolled wheat require about two parts of water to one of cereal.

2. Coarsely ground cereals from the whole grain, and unground whole grains require about four parts of water to one of cereal.

3. Finely ground refined cereals require from five to six parts of water to one of cereal.

Amount of salt needed—Tastes differ again here, but a safe rule from which to vary is to use one teaspoonful to each quart of water used.

Swelling of cereals—The amount of swelling is the same as the amount of water required; that is, rolled cereals swell about twice, coarsely ground or whole cereals swell about four times; and finely ground and refined cereals swell from five to six times.

Time needed for cooking—Refined cereals, such as some of the wheat products and rice, should be cooked one to three hours. The longer time never injures the product. Partly cooked or less highly refined cereals, such as rolled oats or rolled wheat, and corn-meal, should be cooked for two to three hours or more. Unrefined, whole or cracked cereals, as oatmeal, samp, or hominy, should be cooked from four to six hours or more.

Variations in use of cereals Cereals may be cooked in milk instead of water, or a part of the water may be replaced by milk. This method offers an easy way of increasing the milk content of a meal and makes the cereal dish more nutritious. Dried fruit or fresh fruit is a pleasing addition to cooked cereals. Dates or figs cut into pieces and stirred into the cereal before serving make a very appetizing change.

General Rules for Cooking Cereals

1. Determine how much cooked cereal is required.
 2. Measure out this amount of water in the upper part of a double boiler.
 3. Add the salt and bring to the boiling-point.
 4. Consult the table of cereal increase and use the right proportion of the cereal for the water measured out. (Pages 17 and 90).
 5. Add the cereal slowly to the boiling salted water, stirring constantly.
 6. Boil it until the cereal is slightly thickened. This will be from three to ten minutes. Stir only occasionally during this time to prevent burning.
 7. Cover and place the container in the lower part of the double boiler, which should be kept about one-third full of boiling water, and cook as long as necessary. (See above; also recipes.)
- If cereal is cooked in the evening for the following breakfast, it may stand in the double boiler all night and be heated in the morning.

It is well not to stir it in the morning until it is thoroughly hot, since stirring when cold is apt to cause lumps which resist being made smooth.

To prevent a hardening over of the cereal due to standing, two or three tablespoonfuls of water may be poured over the top of the cereal after the cooking process at night is finished.

Use of the Fireless Cooker

The fireless cooker is especially well adapted for cooking cereals, since it makes it easily possible to cook cereals for a long time and results in a saving of fuel. It is usually used for over-night cooking of cereals and delivers the cereal all ready for breakfast except for the warming.

The process of cooking cereal in the fireless cooker is similar to the double-boiler process, except that from one-fourth to one-half cupful less of water should be used than if a double boiler is used. After the cereal has been cooked over direct heat for five or ten minutes, the container is covered tightly and placed directly on the heated soapstone in the fireless cooker and is left over night.

Left-over Cereals

Left-over cereals may be served cold with cream, either whipped or plain, or with a fruit sauce, or with fruit and cream. They may be fried and served with meat, or with a sirup as a luncheon dessert. They may be added to soups for thickening or put in muffin or griddle-cake batter. Cold cereal may be reheated with a little hot water. Sugar and cooked dried fruit may be added to the cold cereal, which may then be molded and served with a sauce as dessert.

OATMEAL

1 cup oatmeal

4 cups water

1 teaspoon salt

Sprinkle the oatmeal in the salted boiling water in the upper part of a double boiler. Boil over direct heat for ten minutes, stirring occasionally to prevent sticking. Cover and place the container in the lower part of the double boiler, keeping water in the under part boiling slowly. Cook from four to six hours. A fireless cooker is excellent for cooking oatmeal. (See above.)

Unless otherwise specified, the recipes in this chapter are based on the service of six persons. In cooking for fewer or more, increase or decrease the quantities given.

ROLLED OATS OR ROLLED WHEAT

1 cup rolled oats 2 cups water $\frac{1}{2}$ teaspoon salt

Sprinkle the rolled oats into the salted boiling water in the upper part of a double boiler. Boil over direct heat for five minutes, stirring occasionally to prevent sticking. Cover and place the container in the lower part of the double boiler, keeping water in the under part boiling slowly. Cook from two to three hours.

CORN-MEAL MUSH—No. 1

1 cup corn-meal 4 cups water 1 teaspoon salt

Sprinkle the corn-meal in the salted boiling water in the upper part of a double boiler. Boil over direct heat until it thickens, stirring occasionally to prevent sticking. Cover and place the container in the lower part of the double boiler, keeping water in the under part boiling slowly. Cook from two to three hours.

CORN-MEAL MUSH—No. 2

1 cup corn-meal 2 cups milk
2 cups water 1 teaspoon salt

Mix the milk with the corn-meal. Add gradually to the boiling salted water. There seems to be less danger of lumping if it is done this way. Proceed as in preceding recipe.

GRANULAR WHEAT PRODUCT

1 cup cereal 4 to 5 cups water 1 teaspoon salt

Sprinkle the cereal in the salted boiling water in the upper part of a double boiler. Boil over direct heat about three minutes, stirring occasionally to prevent sticking. Cover and place the container in the lower part of the double boiler, keeping water in the under part boiling slowly. Cook for an hour or more.

WHOLE WHEAT

1 cup whole wheat 4 cups water 1 teaspoon salt

Sprinkle the cereal in the salted boiling water in the upper part of a double boiler. Boil over direct heat from five to ten minutes, stirring occasionally to prevent sticking. Cover and place the container in the lower part of the double boiler, keeping water in the under part boiling slowly. Cook for six hours, or over night in a fireless cooker. The latter method is most satisfactory in cooking this cereal. (See section on "Use of the Fireless Cooker.")

HOMINY GRITS

1 cup hominy grits 4 cups water 1 teaspoon salt

Sprinkle the hominy grits in the salted boiling water in the upper part of a double boiler. Boil over direct heat from five to ten minutes, stirring occasionally to prevent sticking. Cover and place the container in the lower part of the double boiler, keeping water in the under part boiling slowly. Cook for six hours, or over night in a fireless cooker.

SAMP OR COARSE HOMINY

1 cup samp 4 cups water 1 teaspoon salt

Sprinkle the samp in the salted boiling water in the upper part of a double boiler. Boil over direct heat from five to ten minutes, stirring occasionally to prevent sticking. Cover and place the container in the lower part of the double boiler, keeping water in the under part boiling slowly. Cook from five to six hours. As the water is absorbed, boiling water may be added. The time of cooking may be reduced by soaking the hominy for several hours before cooking.

RICE

1 cup rice 3 to 3½ cups water 1 teaspoon salt

Wash the rice thoroughly, rubbing between the hands and changing the water until all cloudiness has disappeared. This cloudiness is often due to a coating of talc which is used to protect the rice. Add gradually to the salted boiling water in the upper part of a double boiler. Boil over direct heat for five or more minutes, stirring occasionally to prevent sticking. Cover and place the container in the lower part of the double boiler, keeping water in the under part boiling slowly. Cook for two hours or until the kernels are soft when pressed between thumb and finger.

Rice may be cooked in half this amount of water until the water is absorbed, then hot milk may be added as the rest of the liquid.

BOILED RICE AS A VEGETABLE

1 cup rice 3 quarts water or more 1 tablespoon salt

Wash the rice as directed above. It may be soaked before cooking. Drop it into the salted boiling water. Boil rapidly, uncovered, for fifteen or twenty minutes, or until the kernels are soft when pressed between the thumb and finger. Place in a colander (saving the water for soup) and pour boiling water over the rice to remove the

loose starch and separate the grains. Drain and place in the oven with the door open for a few minutes, to allow the cereal to dry out. The grains should be separate and distinct.

FRIED MUSH—No. 1

Make mush according to directions given. Turn it into a shallow greased pan, smoothing the surface evenly. When cold, turn the mush from the pan, cut it in slices or cubes, dip in fine bread or cracker crumbs, then in beaten egg, adding three tablespoons of milk to each egg, and then again in the crumbs. Fry in deep fat. Drain on soft paper. Serve hot with jelly sauce or sirup.

FRIED MUSH—No. 2

Cut cold mush into slices about one-fourth of an inch thick, and sauté until brown and crisp in a very little fat; if preferred, the slices may be sprinkled with flour, or dipped first in salted beaten egg and then in bread or cracker crumbs, before sautéing. Fried mush is one of the most delicious of breakfast dishes, when properly prepared. The fat should be hot, so that a crust will quickly form upon the slices and prevent them from soaking up any grease. Hominy and other cereals may be fried in the same way.

BREADS

Bread in some form has always been the background food of civilized human beings. Even primitive peoples made unleavened bread of coarsely ground grain mixed with water and baked on hot stones or before an open fire. As races have developed, their bread-making process has become more complicated, with improvements in methods of making and in quality of product.

QUICK BREADS

Quick breads are those breads or bread-like mixtures which are made up and baked at once. The leavening agents used act quickly and make the mixture light without a long period of waiting. The essentials of quick breads are a liquid and flour. They may be improved in flavor and texture by the addition of salt, sugar, fat or eggs in various combinations and proportions; fat and eggs contribute liquid to the mixture, which explains the apparent discrepancy of proportions in recipes.

Types of Quick Breads

There are four types of quick breads—the pour batter, the drop batter, the soft dough and the stiff dough; the latter is seldom used.

Batters—The pour or thin batter will pour easily from a spoon or a pitcher and can vary in degree of thinness. The breakfast puff and the popover mixtures are examples of the thinnest batter, while the griddle-cake and the waffle mixtures are examples of a thicker pour batter.

The drop, or thick, batter does not pour readily, but drops in a soft moist mass from a spoon or must be shaken or helped free from it. Muffins and fritters are examples of the drop batter.

Doughs—The soft dough can be handled more or less easily. Biscuits and some cookie mixtures are examples of the soft dough.

The stiff dough can be handled easily, and some force must be used to roll it out. The Southern beaten biscuit and noodles are examples of the stiff dough.

Approximate Proportions of Liquid to Flour

Pour or thin batter—1 cup liquid to 1 or $1\frac{1}{2}$ cups flour.

Drop or thick batter—1 cup liquid to $1\frac{1}{2}$ or 2 cups flour.

Soft dough—1 cup liquid to 2 or $2\frac{1}{2}$ cups flour.

Stiff dough—1 cup liquid to 4 or 5 cups flour.

The liquid is usually milk or water or a mixture of the two. Water often gives a more tender texture and greater lightness than milk.

Bread flour can be used in all quick breads, though pastry flour gives a more tender texture in many cases.

The shortening can be any good mild-flavored fat, but where an unsalted fat is used an extra amount of salt must be added to the mixture. (See "Useful Facts About Fat.")

Methods of Mixing Quick Breads

Muffin method—This method is usually used for the batter type of quick bread. The dry ingredients are mixed and sifted, then the liquid and egg (if used) are added, either separately or combined. When well mixed, the melted shortening is beaten in.

Cake method—This method is used for the richer muffins. The fat is creamed, the sugar stirred in, then the beaten egg added. The rest of the dry ingredients are mixed and sifted and added gradually to the first mixture alternately with the liquid.

Biscuit method—The dry ingredients are mixed and sifted and the fat cut in with knives or worked in with the tips of the fingers, it being necessary to keep the fat hard until the dough goes into the oven. If the fat becomes warm, or is melted, as flaky a result is not obtained. Flakiness is a characteristic of biscuits.

Details of manipulation—Popover mixtures should be thoroughly beaten with an egg-beater for several minutes, in order to introduce as much air as possible and to break the liquid present into tiny droplets. The mixture, being very thin, will not hold air very long, so it should be poured immediately into the baking containers, which may be of tin, earthenware or iron. If one of the two latter materials is used, the containers should be hot when the batter is poured into them, so that the baking may begin as soon as the pans are put into the oven. A hot oven is needed at first and until the batter has risen to full height, then the temperature should be reduced in order to prevent burning.

If the griddle and the waffle-iron stand perfectly level and the batter is poured steadily from a pitcher or from the tip of a large spoon, it will spread itself evenly.

Muffin mixtures and other batters should be stirred and beaten only enough to thoroughly combine ingredients and produce smoothness of texture. The muffins should be baked at once.

Soft doughs should be handled as little as possible, kneading only enough to make a smooth surface free from dry flour. Much kneading develops a stretchiness in the dough which detracts from flakiness. The dough should be rolled or patted out to one-half inch or more in thickness if thick, soft biscuits are desired or rolled one-quarter inch thick if thin, crusty biscuits are desired. The biscuits should be baked at once.

Baking Temperatures

All quick breads should be baked in a hot to moderately hot oven, excepting baking-powder loaf-breads, which should be baked at the same temperature and for the same length of time as yeast breads. (See "Yeast Breads.") For exact temperatures, see table of baking temperatures (Page 5).

POPOVERS

1¼ cup flour
¼ teaspoon salt
2 eggs

1 teaspoon sugar
1 cup milk

Mix the flour, salt and sugar. Gradually add the milk and the well-beaten eggs. Beat thoroughly. Have ready some small ramekins or iron muffin-pans, well greased and piping hot. Fill them about half full of the batter and bake in a hot oven for thirty to forty minutes. The heat should be reduced toward the end to prevent the popovers from becoming too brown.

GRAHAM PUFFS

1 cup graham flour

1 cup milk

Salt

Into the freshly sifted graham flour stir the milk. Add the salt, beat well with an egg-beater, and pour into hot gem-tins which have been well greased. Bake in a hot oven. Do not add more flour if you wish the puffs to be satisfactory.

SWEET-MILK GRIDDLE-CAKES

3 cups flour
2 teaspoons salt
1½ tablespoons baking-powder
1 tablespoon sugar

2 cups milk
1 egg
1 tablespoon butter or
butter substitute

Mix and sift the dry ingredients and add the milk, gradually, beating constantly to make a smooth batter. Add the beaten egg and the melted fat and bake on a hot griddle. This makes a thick bread cake. If not liked, use more milk.

SOUR-MILK GRIDDLE-CAKES

Use recipe for sweet-milk griddle-cakes, substituting thick sour milk for sweet and using one teaspoon of soda instead of the baking-powder. If thicker than liked, use water to thin.

Unless otherwise specified, the recipes in this chapter are based on the service of six persons. In cooking for fewer or more, increase or decrease the quantities given.

CORN-MEAL GRIDDLE-CAKES (WITH EGGS)

1 cup corn-meal	1½ cup milk
1 tablespoon sugar	2 cups flour
1 teaspoon salt	4 teaspoons baking-powder
2 cups boiling water	2 eggs

Put the meal, sugar, and salt in a mixing-bowl, and pour over them the boiling water. Let stand until the meal swells, then add the cold milk. When the mixture is quite cool, stir in the flour and baking-powder, mixing well, and lastly add the eggs, well beaten. The cakes should be small, well browned and thoroughly cooked; they need a little longer cooking than wheat griddle-cakes.

CORN-MEAL GRIDDLE-CAKES (WITHOUT EGGS)

¾ cup corn-meal	1 teaspoon salt
¾ cup wheat flour	1 to 1¼ cup milk
4 teaspoons baking-powder	2 tablespoons fat

Sift dry ingredients together. Add the milk, which has been mixed with the melted fat. Mix thoroughly and bake on hot, slightly greased griddle until brown.

BREAD-CRUM GRIDDLE-CAKES

1½ cup stale bread-crums	2 eggs
1½ cup scalded milk	½ cup flour
2 tablespoons butter or butter substitute	½ teaspoon salt
	4 teaspoons baking-powder

Soak the crumbs in the milk and fat until they are soft. Add the eggs, well beaten, and the dry ingredients, mixed and sifted. Drop the batter, by spoonfuls, on a hot, greased griddle. When the cakes are full of bubbles, turn them and brown on the other side. The cakes are very tender and should be turned carefully.

BUCKWHEAT CAKES (YEAST)

2 cups boiling water	⅓ cup hot milk
½ cup corn-meal	1 tablespoon molasses
½ yeast cake or ½ cup yeast	1 teaspoon salt
¼ cup warm water	2 cups buckwheat flour
	1 teaspoon soda

Pour the boiling water over the corn-meal and let stand until it swells. Soften the yeast in the lukewarm water. After the corn-meal is cool, add the molasses, salt, yeast and flour. Beat

thoroughly and set in a warm place to rise over night. It should rise and fall again by the morning. Then add a teaspoon of soda dissolved in a little hot milk, stir well, and fry.

When the cakes are desired frequently (say, three times a week), fresh yeast will not be required after the first making, if a little more than a pint of the batter is reserved each time and kept in a cool place to be used instead of the yeast. Always put molasses in buckwheat cakes, it helps to give them a good color in frying. Without it, they may be gray and unattractive.

BUCKWHEAT CAKES (BAKING-POWDER)

1½ cup buckwheat flour	½ teaspoon salt
½ cup wheat flour	1 tablespoon fat
5 teaspoons baking-powder	1½ cup milk
1 tablespoon molasses	

Sift dry ingredients together. Add melted fat to milk and molasses, then add slowly to dry ingredients. Beat well and bake on slightly greased, hot griddle until brown.

RICE GRIDDLE-CAKES

1 cup boiled rice	1 tablespoon butter or
2 cups milk	butter substitute
½ teaspoon salt	2 teaspoons baking-powder
1 tablespoon sugar	1 egg
1½ cup flour	

Put the cooked rice to soak with one cup of milk, and in the morning add the salt, sugar, butter or butter substitute, flour and baking-powder. Beat the mixture well, then add the well-beaten egg and the other cup of milk. Bake on a hot greased griddle.

FLANNEL CAKES

1 tablespoon butter or but-	1 teaspoon salt
ter substitute	4 teaspoons baking-powder
2 cups flour	2 eggs
2 cups milk	

Rub the butter or butter substitute into the flour, and add the salt and baking-powder. Beat the yolks of the eggs light, add the milk to them and when well beaten stir into the flour until quite smooth. Beat the whites light, add them to the batter, and bake on a hot griddle.

DUTCH PANCAKES

- | | |
|-----------------------------|-----------------------------|
| 1 cup flour | 1 cup milk |
| $\frac{1}{2}$ teaspoon salt | 2 tablespoons melted butter |
| 1 tablespoon sugar | or butter substitute |
| 3 eggs | |

Mix the flour, salt and sugar and add gradually one-half the milk. Beat in the fat and the well-beaten egg-yolks. Then add the remaining half cup of milk and fold in the stiffly beaten egg-whites. It may be necessary to add more flour, but the batter should be thin.

Have ready a large, shallow frying-pan, well greased and hot. Pour in batter to the depth of one-eighth inch and roll the pan to make the batter form a rim around the edges. Cook for two minutes, then remove to a hot oven and bake for four or five minutes. The center should puff and the edges become crisp and brown. One large pancake should be sufficient for two people.

Serve each pancake on a separate platter. At the table sprinkle with lemon-juice and dredge with powdered sugar. Break down the crisp edges, fold one side toward the middle, add more lemon-juice and sugar and fold over again to the other side. Cut crosswise in four or six portions. Serve as a dessert. These are especially good with coffee.

FRENCH OR JELLY PANCAKES

- | | |
|-----------------------------|-------------------------|
| 3 eggs | $\frac{1}{2}$ cup flour |
| 1 teaspoon sugar | 1 tablespoon butter or |
| $\frac{1}{2}$ teaspoon salt | butter substitute |
| 1 cup milk | |

Separate the yolks and whites of the eggs. To the beaten yolks add the sugar, salt and one-half cup of milk. Stir in the sifted flour, the other half cup of milk, the melted butter or butter substitute, then fold in the stiffly beaten whites of the eggs. When eggs are high, use only two eggs and a half teaspoon of baking-powder.

Bake on a hot griddle, making the cakes slightly larger than usual. Spread each cake with tart fruit jelly and roll while hot. Place all on a platter, side by side, with the lapped edge of the roll touching the bottom of the platter to keep the cake from spreading. Dredge with sugar and, with a red-hot wire toaster, burn lines on the sugared pancakes. This gives an attractive appearance and a slight flavor of burnt sugar.

APPLE PANCAKES

- | | |
|-----------------------------|--------------------------|
| 1 tablespoon butter or but- | 1 teaspoon baking-powder |
| ter substitute | 1 cup apples |
| 1 tablespoon sugar | Cinnamon |
| 2 eggs | Milk |
| $1\frac{1}{2}$ cup flour | |

Cream the butter or butter substitute and sugar, add the beaten eggs, the flour sifted with the baking-powder and cinnamon, and the finely chopped apples. Then gradually add milk to make a medium batter. Bake on a griddle as for ordinary pancakes and serve in an overlapping row around a platter of pork chops or serve separately with roast pork, either hot or cold. Cooked apples or a dry apple sauce may be used with batter in the same way.

POTATO PANCAKES

2 cups grated potato	Salt
1 egg	Pepper
2 tablespoons flour	Onion-juice
Milk	

Scrub and pare the potatoes and grate them into cold water to keep them from discoloring. Drain well and to every two cups of potato allow one beaten egg, two tablespoons of flour and sufficient milk to make a stiff batter. Season with salt, pepper and onion-juice. Cook in a frying-pan with hot fat to the depth of about one-half inch. A large spoonful of batter makes a good-sized cake. Cook until well browned and crisp and serve as a vegetable with meat and gravy. Especially good with a stew.

WAFFLES

1½ cup flour	2 eggs
½ teaspoon salt	1 tablespoon butter or
3 teaspoons baking-powder	butter substitute
1 cup milk	

Mix the flour, salt and baking-powder, add the milk gradually, then the eggs, which have been beaten until very light, and the melted fat. Be sure that both sides of the waffle-iron are hot and that it is well greased. After baking each waffle, heat the iron a minute before putting in batter for the next.

CREAM WAFFLES

2 eggs	1 tablespoon corn-meal
2 cups sour cream	1 teaspoon soda
2 cups flour	½ teaspoon salt

Beat whites and yolks of the eggs separately, mix with the beaten yolks the cream, flour, corn-meal, soda and salt, and finally the whites of the eggs, beaten until stiff. Bake at once on a hot waffle-iron.

BUTTERMILK WAFFLES

2 cups corn-meal	4 eggs
3 cups water	2 cups wheat flour
2 teaspoons salt	1½ teaspoon soda
2 tablespoons butter or but- ter substitute	1 cup sweet milk
	Buttermilk

Cook the meal, water, salt, and butter or butter substitute together for ten minutes, stirring constantly. Beat the yolks and whites separately until very light. When the mush is cool, add the yolks. Sift together the flour and soda, and add to the corn mixture, alternating with the sweet milk. Fold in the egg-whites, and finally add buttermilk to make a pour batter. This mixture is improved if it stands for a short time before the waffles are baked.

RICE WAFFLES

1 cup rice	3 cups milk
½ teaspoon salt	2 eggs
1½ tablespoon butter	2 teaspoons baking-powder
4 cups flour	

Cook the rice, drain, and to it add the salt, melted fat, milk and beaten eggs. Mix well. Sift baking-powder and flour together and add to first mixture. Bake in a hot waffle-iron.

MUFFINS

2 cups flour	1 cup milk
½ teaspoon salt	1 egg
1 tablespoon sugar	2 tablespoons melted butter
4 teaspoons baking-powder	or butter substitute

Mix and sift the flour, salt, sugar and baking-powder. Add the milk gradually, the well-beaten egg and melted fat. Pour into well-greased muffin-tins, filling the tins two-thirds full. Bake in a hot oven from fifteen to twenty-five minutes.

GRAHAM MUFFINS

2 cups graham flour	½ teaspoon soda
2 tablespoons sugar	¾ cup sour milk
½ teaspoon salt	½ tablespoon butter or
1 egg	butter substitute

Sift the flour with the sugar, salt and soda, and turn the bran back into it. Add the milk gradually, the well-beaten egg, and the melted butter, or butter substitute. Fill well-greased muffin-tins about two-thirds full and bake in a hot oven from twenty to twenty-five minutes.

CORN-MEAL MUFFINS

1 cup corn-meal	1 cup milk
1 cup flour	1 egg
$\frac{1}{2}$ teaspoon salt	2 tablespoons shortening
4 teaspoons baking-powder	

Mix and sift the corn-meal, flour, salt and baking-powder. Add the milk gradually, then the well-beaten egg, and melted fat. Bake in well-greased muffin-pans in a hot oven.

CRACKLINGS CORN MUFFINS

1 cup corn-meal	1 teaspoon salt
1 cup flour	2 tablespoons sugar
4 teaspoons baking-powder	1 cup milk
$\frac{1}{3}$ cup ground cracklings	1 egg

Mix and sift dry ingredients. Mix well with the cracklings. Add milk and beaten egg. Mix well. Bake in hot oven twenty-five minutes.

JELLY CORN MUFFINS

Use the recipe for corn-meal muffins. Fill greased muffin-tins one-fourth full, put a teaspoon of jelly on the top of the batter in each cup, cover the jelly with more batter and bake in a hot oven fifteen or twenty minutes.

CORN MUFFINS WITH DATES

1 cup white corn-meal	1 $\frac{1}{4}$ cup milk
2 tablespoons brown sugar	1 cup flour
1 teaspoon salt	4 teaspoons baking-powder
2 tablespoons butter or butter substitute	1 egg
	$\frac{1}{2}$ cup chopped dates

Mix the corn-meal, sugar, salt and melted butter or butter substitute. Scald the milk, pour it over the mixture, and let it stand until the meal swells. When cool, add the flour sifted with the baking-powder, the well-beaten egg and the dates. Beat thoroughly, and bake in greased muffin-tins in a hot oven.

HONEY MUFFINS

4 tablespoons honey	1 egg
2 cups milk	1 teaspoon salt
3 teaspoons baking-powder	1 quart graham flour

Mix honey, salt, egg and milk. Sift baking-powder with flour, and add to the first mixture. Bake in well-greased muffin-tins in a quick oven. This recipe makes about eighteen muffins.

RICE MUFFINS

1 cup sugar	2 cups milk
1 cup boiled rice	3 teaspoons baking-powder
1 egg	4 cups flour
2 tablespoons butter or butter substitute	1 teaspoon salt

Mix sugar, boiled rice, egg, melted fat and milk. Sift baking-powder and flour together, and add. Bake thirty minutes in oiled muffin pans.

EGGLESS RYE MUFFINS

2 cups rye flour	1 cup milk
4 teaspoons baking-powder	1 tablespoon melted butter
$\frac{1}{2}$ teaspoon salt	or other fat
4 teaspoons sugar	

Mix and sift the dry ingredients, add the milk and melted fat. Mix quickly, do not beat. Bake in greased muffin-pans twenty minutes, in a hot oven.

RAISIN BRAN MUFFINS

1 cup bran	1 tablespoon melted butter
$\frac{3}{4}$ cup flour	or butter substitute
4 teaspoons baking-powder	$\frac{1}{2}$ cup seeded raisins
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup milk
1 $\frac{1}{2}$ tablespoons molasses	1 egg

Mix and sift the dry fine ingredients, stir in the bran, add the molasses, the melted fat, raisins and the milk gradually. Then add the well-beaten egg and bake in muffin-tins in a hot oven.

DATE BREAD

2 cups barley flour	2 teaspoons baking-powder
1 cup corn-meal	1 $\frac{1}{4}$ cup milk or milk and water
$\frac{1}{2}$ teaspoon soda	$\frac{1}{4}$ cup molasses
1 teaspoon salt	1 cup chopped dates

Mix and sift the dry ingredients, then add milk gradually and molasses, stirring until well mixed. Add the dates and beat well. Pour into a medium-sized loaf pan that has been well greased and let stand one-half hour. Bake in a moderate oven about an hour and a half.

NUT BREAD

3 cups flour	1½ cup milk
3 teaspoons baking-powder	1 cup chopped nuts (English walnuts, pecans or hickory nuts)
1 teaspoon salt	
½ cup sugar	
1 egg	

Mix and sift the flour, baking-powder, salt and sugar. Add the milk, the beaten egg, and the nuts. Place in a well-greased bread-pan, and let stand about one-half hour. Bake in a moderate oven forty minutes.

QUICK BREAD WITH HONEY

1 cup graham flour	½ teaspoon salt
1 cup bread flour	1 cup milk
2 teaspoons baking-powder	½ cup honey

Mix the dry ingredients, then add the milk and honey and beat thoroughly. Pour into a greased bread-pan and bake one to one and one-fourth hour, in a moderate oven.

BOSTON BROWN BREAD

1 cup corn-meal	1 teaspoon salt
1 cup rye flour	¾ cup molasses
1 cup graham flour	2 cups sour milk or
¾ tablespoon soda	1¾ cup sweet milk

Mix and sift the dry ingredients. Mix the molasses and milk and add to the dry ingredients. Beat thoroughly and turn into well-greased molds, filling each mold about two-thirds full. Cover and steam three hours. Remove the covers and bake the bread long enough to dry it off.

BAKING-POWDER BISCUIT

2 cups flour	2 tablespoons shortening
4 teaspoons baking-powder	¾ cup liquid (all milk or half milk and half water)
1 teaspoon salt	

Mix dry ingredients and sift twice. Work in fat with tips of the fingers, or cut in with two knives. Add the liquid gradually, mixing with a knife to a soft dough. Owing to differences in flours, it is impossible to determine the exact amount of liquid. Toss on a floured board, pat and roll lightly to one-half inch in thickness. Shape with a biscuit-cutter. Bake in hot oven twelve to fifteen minutes.

SODA BISCUIT

2 cups flour	1 teaspoon salt
$\frac{1}{2}$ teaspoon soda	2 tablespoons shortening
1 cup thick sour milk	

Follow directions for baking-powder biscuit. The dough should be stiffer than for baking-powder biscuit.

EMERGENCY BISCUIT

Use the recipe for baking-powder biscuit, using more liquid to make the dough soft enough to drop from the spoon. The amount of the liquid in this recipe, in most cases, will be just half the amount of flour (two cups of flour to one cup liquid). Drop the biscuit on to a well-greased pan, or bake in greased muffin-tins, in a hot oven.

DATE BISCUITS

2 cups flour	1 tablespoon fat
4 teaspoons baking-powder	$\frac{1}{2}$ cup dates (stoned and quartered before measuring)
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{2}$ cup milk	

Mix and sift flour, baking-powder and salt. Mix in the fat with a knife or fingers and moisten to a soft dough with the milk. Add dates, turn on a floured board, pat and roll out to one-third inch in thickness. Shape with a cutter, place in a pan and bake in a hot oven twelve to fifteen minutes.

TEA CAKES

2 cups flour	1 teaspoon salt
4 teaspoons baking-powder	4 tablespoons shortening
$\frac{2}{3}$ cup milk	

Mix and sift the flour, baking-powder and salt, and chop in the shortening. Add sufficient milk to make a soft dough, about two-thirds cup. Toss on floured board and roll into a sheet one-half inch in thickness. Reverse a pie-plate upon the rolled dough, and with a sharp knife, cut a cake the exact size of the pie-plate. With a cake-turner transfer the cake to a greased baking-tin and bake in a quick oven. While hot, split, butter and cut like a pie. Another may be made of the trimmings.

SCOTCH SCONES

Make the preceding mixture for tea cakes, but shape with a small, round cookie-cutter. Bake on a griddle, turning on both sides until a delicate brown. Lay a napkin on a plate, arrange the scones on it and fold the corners of the napkin over them. Split and butter while hot.

SALLY LUNN

$\frac{1}{2}$ cup butter or butter sub-	2 cups flour
stitute	1 cup milk
$\frac{1}{4}$ cup sugar	1 egg
2 teaspoons baking-powder	

Cream the butter or butter substitute with the sugar. Mix and sift together the flour and baking-powder and add to the creamed mixture, alternating with the milk. Add the beaten egg and bake in a loaf or in muffin-pans, in a moderate oven.

When fresh huckleberries are in season, one cup stirred in just before baking will be an agreeable addition.

SOUTHERN BEATEN BISCUIT

2 cups flour	$\frac{1}{3}$ cup shortening
1 teaspoon salt	Milk and water

Sift the flour with the salt. With the tips of fingers work in shortening and moisten to a stiff dough with equal quantities of milk and water mixed. Place on floured board and beat with rolling-pin for at least one-half hour, folding the dough every few minutes. Roll to one-third inch thick, shape with a biscuit-cutter about two inches in diameter, prick with fork and place on greased baking-sheet or inverted dripping-pan. Bake twenty minutes in hot oven. They should be light, of even grain, and should crack at the edges like crackers.

SPOON CORN BREAD

2 cups water	1 tablespoon butter
1 cup white corn-meal	1 teaspoon salt
1 cup milk	2 eggs

Mix the water and corn-meal and bring slowly to the boiling-point. Cook five minutes. Add the milk, butter or butter substitute, salt and well-beaten eggs. Beat thoroughly and bake in a well-greased pan for twenty-five minutes in a moderately hot oven. Serve from the same dish with a spoon.

SOUTHERN SPOON BREAD

$\frac{1}{4}$ cup of fat and cracklings	$\frac{1}{2}$ teaspoon salt
from pork, beef, or chicken	1 cup corn-meal
fat	2 eggs
3 cups boiling water	

Add fat and cracklings to the water, and when boiling sprinkle in the salt and corn-meal, stirring constantly. Cook in a double boiler one

hour, cool, and add the well-beaten eggs. Turn into a greased baking-dish and bake in a moderate oven three-fourths of an hour.

RHODE ISLAND SPIDER CAKE

1 cup fine white corn-meal	½ teaspoon salt
Boiling water	1 teaspoon fat
Milk	

Pour boiling water over the corn-meal until it forms a thick paste. Add fat, salt, and sufficient cold milk to make thin enough to spread. Heat an iron griddle and grease it well. Spread the paste on it about an inch thick. Dip a knife in cold water and smooth the top. Bake in the oven thirty minutes or cook slowly on top of the stove. If done on top of the stove, when it is brown on one side, cut in fourths and turn each piece. This bread should be made of corn-meal milled from the whole grain.

SPIDER CORN-BREAD

1½ cup corn-meal	2 cups sour milk
1 teaspoon soda	2 eggs
1 teaspoon salt	2 tablespoons butter or butter substitute

Mix and sift the meal, soda and salt, then add the milk gradually and the well-beaten eggs. Melt the butter or butter substitute in a frying-pan and tip the pan so that it is well greased. Heat the pan and turn the mixture into it. Place in a hot oven and bake twenty minutes.

NORTHERN JOHNNY CAKE

2 cups corn-meal	1½ teaspoon salt
2 cups sour milk	2 eggs
2 tablespoons fat	1 teaspoon soda
2 tablespoons sugar, white or brown	1 tablespoon cold water

Cook together the meal, milk, fat, sugar and salt in a double boiler for about twenty minutes. Allow the mixture to cool, then add the well-beaten eggs and the soda dissolved in the water. Bake in a shallow iron or granite pan for about thirty minutes.

In case there is not time to cook and cool the meal, the following method of mixing may be used. Mix and sift together the meal, sugar, salt and soda, add the sour milk gradually, then the well-beaten eggs and the melted fat. Bread made by this method does not have as good texture as that made by the first method.

NEW ENGLAND CORN-CAKE

1 cup corn-meal	1 egg
1 cup white flour	1 cup milk
3 teaspoons baking-powder	2 tablespoons melted fat
2 tablespoons sirup	

Mix and sift the dry ingredients. Beat the egg light, add the milk, fat and sirup. Stir into the dry mixture and beat well. Pour into a well-greased, shallow pan and bake twenty-five to thirty minutes.

SOUTHERN CORN-BREAD

1 cup sour milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon soda dissolved in 1 teaspoon water	$1\frac{1}{2}$ cup corn-meal •
1 egg-yolk	White of one egg beaten stiff and added last

Mix in the order given and bake in muffin-tins or in a shallow pan in a moderate oven for fifteen minutes.

To be real Southern corn-bread, this should be made of white corn-meal made from the whole grain.

CRACKLINGS CORN-BREAD

2 tablespoons fine cracklings	1 teaspoon salt
2 cups corn-meal	2 teaspoons baking-powder
1 cup flour	$1\frac{1}{2}$ cup milk
2 teaspoons sugar	2 eggs

The cracklings may be made from leaf lard, salt pork or bacon. They should be fried crisp and put through the food-chopper to make them fine and smooth.

Mix and sift the dry ingredients, add the milk gradually and the beaten eggs and cracklings. Bake in a hot oven in a greased pan deep enough to prevent the batter from running out as it rises.

CORN-MEAL ROLLS

$1\frac{1}{4}$ cup bread flour	1 tablespoon sugar
$\frac{1}{4}$ cup corn-meal	2 tablespoons butter or butter substitute
3 teaspoons baking-powder	egg
1 teaspoon salt	
$\frac{1}{3}$ cup milk	

Mix and sift dry ingredients and cut in the fat. Beat the egg and add it to the milk. Combine the liquid with the dry ingredients. Knead slightly, roll out and shape as Parker-House rolls. Bake in a hot oven for twelve to fifteen minutes.

YEAST BREADS

It is a long step from the primitive wheaten loaf to the present wheat bread, light in color and fine in texture, which usually contains highly refined flour, yeast, salt, sugar, milk or water, and shortening. To-day every step in the process of mixing, kneading, fermenting, proving, and baking bread can be standardized and therefore may result in a standardized loaf of bread. It is a question, however, whether this modern refined product has the same high nutritive properties of the wheaten loaf of primitive man.

Bread as a universal article of food has much in its favor. Flour, its chief ingredient, is not quickly perishable and is rather easily stored and transported. Bread itself keeps well, is mild in flavor, is inexpensive and furnishes material needed by the human machine. So universally is wheat bread used to-day that the price for the entire world is set in London and conditions affecting the production of wheat in one nation may have little effect upon this world price.

Characteristics of a Good Loaf of Bread

Excellent bread can be made of only good bread flour, salt, water and yeast. Better bread can be made if sugar and fat are added. It is in the handling of the dough, not in the proportions of ingredients, that much bread is ruined.

Size—A medium-sized loaf made from one pound to one and one-quarter pounds of dough is conceded to be best. It costs less to bake, is much more likely to be thoroughly baked, and there is less waste in its use than if very large loaves are made. A moderate-sized loaf is about four or five inches deep, eight or nine inches long, and four or five inches wide.

Shape—A loaf should be slightly round over the top, straight on the sides and not lopsided or rough. It should not be flat, as occurs when the dough is over light or made with weak flour. The lopsided loaf in most cases is the result of uneven temperature. If bread rises unevenly the first five or ten minutes, it should be turned around in the oven. Single loaves are more easily baked well than double loaves. There seems to be no advantage in making a loaf of two small pieces of dough. Such loaves do not cut to advantage.

The careful shaping of the dough is the first step necessary in making a well-shaped loaf of bread.

Color—Bread should have a good bloom and be golden brown in color with a depth of crust on top, bottom and sides. The crum should be cream-white in color with no dark streaks through it. A grayish color indicates poor flour or poor handling of the dough.

Texture—Nothing is more difficult to describe than texture, nothing more indicative of quality.

Texture of the crum is the size and shape of the holes in the loaf, the feel of the slice, its elasticity and moisture. Texture is related to color, as the size and shape of the holes in the bread give the appearance of light or dark color. Perfect texture of the crum depends on kneading the dough until it is smooth and elastic and until it can be kneaded on an unfloured board without sticking; it depends on having the dough double or treble its size, once or twice before it is made into the loaf and once in the tins; it depends on careful baking. To determine the texture of the crum, cut the loaf in two. The holes should be small and uniform with no streak near the bottom of the loaf and no lumps through the loaf. Press the center of the loaf with the knuckles; if the elasticity and moisture are right, the loaf should spring back to shape.

Texture of the crust should be smooth with no large holes on the bottom of the crust and without a split on one side of the loaf. If the top crust is rough it may be due to insufficient kneading or to putting the dough in the tins before it is perfectly smooth.

Flavor and odor—A well-made, well-baked loaf will taste slightly sweet, neither too fresh nor too salty, and will have no suggestion of acidity, rawness or mustiness.

Common Causes of Inferior Bread

Poor flour—A cheap flour is an expensive flour to buy for bread-making. Poor flour gives a loaf inferior in texture, color, flavor and volume.

Old yeast—Dead yeast plants can not leaven bread. Old compressed-yeast cakes or dry yeast which has been stored away until many of the yeast plants are dead will act very slowly in dough and not give best results. Starter may need to be discarded occasionally and a new supply made, using a fresh yeast cake.

Improper or inadequate kneading—Over-kneaded dough becomes sticky and will not rise well in the oven. Under-kneaded dough makes streaked bread, poor in texture, which sometimes contains lumps of dough which might have been worked out in the kneading.

Too much flour—Too stiff a dough rises very slowly and therefore often is not allowed to rise sufficiently. This is a green dough and produces a loaf with poor flavor.

Over-rising—Too long rising gives a very porous loaf with little flavor. The loaf may have flattened in the baking and settled over the sides of the tin. If the rising continues too long, the bread is sour. Much home-made bread is slightly sour. Over-rising in bowl or pan impairs the quality of the bread, gives a pale crust and a porous crum with broken, irregular cells. This bread crumbles badly.

Under-rising gives a bread of dark crust which has blisters just under the crust. The loaf is small and flat. It browns easily in the oven. Such dough is said to be green.

Too cool an oven—Bread will continue to rise too long if the oven temperature is too low. The result is bread that is very porous in the center and upper part of the loaf.

Too hot an oven—The dough crusts over immediately and can not continue to rise the first ten or fifteen minutes it is in the oven, or the crust may break as it is forced up—usually on one side more than the other. The loaf becomes very brown while the center is underdone.

Rope in bread appears during hot, damp weather. It is due to the presence of a bacillus. The ropy, stringy quality does not develop immediately after the bread is baked. Rope gives bread a very disagreeable odor and makes the bread unfit for use.

Treatment for Rope—All utensils used in making bread and containers in which bread is stored should be sterilized with boiling water. Vinegar equal to two per cent. of the amount of flour used should be added to all bread made until the supply of flour is exhausted. This is approximately two ounces (one tablespoon) of vinegar to one and one-half pounds of flour.

Mold—Bread wrapped while hot molds quickly. Containers used for storing bread should be cleaned and sterilized frequently, and immediately if mold is found.

Flours and Meals Used in Bread-making

While flours and meals made from oats, corn, rice and other seeds are used to some extent with wheat flour in making yeast breads, by far the larger amount of yeast bread is made from wheat flour only and most of it is made from highly refined white flour.

Reason wheat flour leads in bread-making—The dough made by mixing wheat flour and water, beating or kneading them thoroughly together, contains a substance called gluten. Wheat gluten possesses properties of toughness and elasticity which enable the dough containing it to stretch and hold gases produced in it by the action of yeast or introduced into it by baking-powder. The dough rises and becomes light.

Some wheat flour not good for bread-making—The elastic property of dough made from wheat flour is not always the same. Some varieties of wheat yield a flour low in gluten-forming substances. Others yield a flour in which the elasticity of the gluten is poor. In selecting flour for bread-making, every effort should be made to secure a flour of good bread-making reputation. It is impossible to make first-class bread with flour that is poorly adapted to bread-making.

Rye flour is gluten-forming—Rye is the one exception to the rule that doughs made from flours and meals of grains other than wheat do not develop the elasticity necessary to make a light, fine-grained loaf of bread. Even in rye flour the gluten developed in the dough is sticky and difficult to handle, and it has become the custom to combine some wheat flour with rye flour to improve the lightness of the product.

Other flours and meals—Although flours and meals other than wheat and rye do not lend themselves well to bread-making, they may, if combined with sufficient wheat flour, be used to a limited extent.

Kinds of Wheat Flour Used in Bread-making

The wheat berry consists of three parts: the germ, the outer coats or layers, and the endosperm or central main part of the berry. The germ and outer coats or layers contain most of the mineral content, the vitamins and the laxative substances in wheat. The central part or endosperm consists largely of starch and gluten-forming substances.

White flour is a highly refined product of the wheat berry. The germ and outer coats have been removed, and the flour has lost, to a large extent, such minerals and vitamins as wheat possessed and it has entirely lost the laxative properties.

On the other hand, the removal of germ and outer coats has improved the keeping qualities of flour and has increased the ease of making a light, fine-grained loaf of bread.

Good bread flour must be made from wheat that can yield sufficient gluten of good quality to make a light, porous, fine-grained loaf of bread. Bread flour when rubbed between the fingers has a granular feeling. It will not hold its shape when pressed in the hand. Bread flour *can* be used successfully in making cakes and pastries.

A good pastry flour differs from bread flour in containing more starch and not only less gluten but a less elastic gluten than bread flour. It has an oily feeling when rubbed between the fingers, and holds its shape when pressed in the hand. Pastry flour *can not* be used successfully in making bread.

If it is desirable, therefore, to have only one variety of wheat flour in the household, the choice should be made of a good bread flour.

Whole-wheat or entire-wheat flour—Although entire- or whole-wheat flour does not contain all of the wheat berry, it retains the laxative properties of wheat and adds particularly iron and vitamin B to the diet. It deserves a more prominent place than it often has in the family dietary. Combined in right proportions with white flour, it can be made into excellent bread.

Graham flour This flour contains the largest percentage of the wheat berry of any of the flours. It is coarser than entire-wheat flour. Unless the coarseness of the flour is objectionable, it may, rightly combined with white flour, be made into an excellent bread.

Gluten flour—This name is used to describe several different products. Rightly used, it indicates a flour from which part of the starch has been removed, thus increasing the proportion of gluten. Its use has been indicated for persons who have difficulty in using starches or sugars in a normal way.

Bran—Bran consists of the outer coats of the wheat berry and sometimes of the germ as well. It is largely used to correct the constipation which may have resulted from its exclusion in the manufacture of white flour.

Amount of Flour to Make a Dough

For one cup of liquid use approximately three cups of flour. This proportion varies widely because of differences in the absorptive powers of different flours. A good bread flour will take up more water than a poor bread flour. Flour is always sifted before being measured.

Yeast

Yeast is a microscopic plant which under right conditions grows and multiplies rapidly and in the process produces a gas called carbon dioxide. Warmth, moisture, food and air are necessary for its growth and action. These conditions are supplied when thousands of yeast plants are distributed by beating or kneading through a dough or batter which is then kept in a warm place. The yeast multiplies and carbon dioxide is produced; as it increases, it stretches the gluten in the wheat and the bread rises. In addition to carbon dioxide, yeast produces other substances which give bread its characteristic flavor.

The original source of our yeast supply was the air. Doubtless these plants were first captured by accident. Perhaps a little batter of crushed grain and water was left on the rocks where it was kept warm for several hours. Yeast plants found the batter a fine medium for growth and soon the batter was light, or had raised. A little of this batter added to a fresh supply of meal and water was found to raise the whole rather quickly and the flavor of this batter when baked was considered superior to the unleavened loaves. Centuries later, man was able to isolate from all these wild yeasts of the air the type of yeast plants that proved to be best for bread-making, multiplied them in a medium of grain, separated and compressed them into small cakes and delivered them in a fresh, active condition daily to the home or commercial baker.

A compressed yeast cake is a mass of over a million yeast plants in which only one requirement for activity is furnished; that is, moisture. As soon as food, warmth and air are supplied to these yeast plants, they are ready to grow. A cake of fresh, compressed yeast breaks with a clean edge and has no odor of putrefaction. It is creamy

yellow and uniform in color. When old, compressed yeast becomes slightly slippery, is streaky, and has an unpleasant odor. Only fresh compressed yeast should be used in bread-making.

Dry yeast is a mass of yeast plants mixed with corn-meal and dried. Although alive, the dried plants are inactive and even after warmth and moisture, food and air are supplied, they take some time to become active again. As yeast will live for some time and yet can not grow without moisture, these dry cakes will keep for many weeks.

Liquid, railroad or starter yeast consists of potato water, sugar and salt, in which yeast plants are in an active condition. The starter must be stored in a cool temperature to retard the action of the yeast. The disadvantage of liquid yeast lies in the fact that other yeasts than those best suited for bread-making may be thriving there also, and soon bread made from this perpetual yeast may have a characteristic flavor.

POTATO YEAST

(Liquid, Railroad or Starter)

6 medium-sized potatoes	$\frac{1}{3}$ cup sugar
4 pints boiling water	3 tablespoons salt
1 cup flour	1 yeast cake softened in
$\frac{1}{2}$ teaspoon ginger	1 cup luke-warm water

Pare potatoes and cut in small pieces. Cook in the boiling water until well done. Mash the potatoes or force them through a colander.

Mix sugar, salt, ginger and flour. Pour over these ingredients the hot, cooked, mashed potatoes with the water in which they were cooked. When lukewarm add the softened yeast. Keep at room temperature twenty-four hours.

Pour into sterilized crock or jar. Cover and store in a cool, dark place. Liquid yeast may be used for two weeks. It is not desirable to keep it longer. When making new liquid yeast, use one cup of the old liquid yeast to make it.

Conditions for Activity of Yeast

Temperature—The most satisfactory temperature for the growth of yeast is from 77° to 95° F. It ceases to grow when the temperature is below 30° F. When dough is raised at too high a temperature, it rises quickly at first, then very slowly and the bread is porous and the flavor inferior. Yeast is killed at about 212° F. When it rises at too low a temperature, the dough rises very slowly. Yeast should not be softened in very cold water if immediate activity is desired.

Food—When yeast is well mixed through the dough it finds the starch, gluten and sugar favorable foods for activity and growth. It grows more rapidly at first if some sugar is present. As it grows

and feeds upon sugar and starch it produces carbon dioxide. The carbon dioxide in its effort to escape pushes the dough up and expands it into a great many small cells; as the bread is baked, carbon dioxide and alcohol are driven off and the cell walls are hardened.

Salt retards the action of the yeast. It should never be added to the small amount of liquid in which yeast is softened.

Sugar in limited amounts accelerates the action of the yeast.

Amounts of Yeast

From one-sixth to four compressed yeast cakes may be used to one cup of liquid in making bread. The amount of yeast within this range does not affect the flavor of the bread if the dough is handled properly. With the minimum amount of yeast, the process will take six hours or more; with the maximum amount of yeast, it may, with skilful handling, be completed in one hour and twenty minutes. From two table-spoons to one cup liquid yeast may be used for each loaf of bread.

Use of Yeast

Compressed yeast should be softened in one-fourth to one-half cup lukewarm water to which one teaspoon sugar has been added. The yeast may be used immediately.

Dry yeast should be softened in one-fourth to one-half cup lukewarm water to which one teaspoon of sugar has been added. This may well be set aside in a warm place for an hour before adding it to the batter for a sponge. Bread can not be made quickly with dry yeast, as it takes several hours for the dry yeast to recover its activity and attain a state of readiness to produce carbon dioxide.

Liquids for Bread-making

All liquids should be boiled or scalded before using, in order to kill any organisms which might develop in the dough.

Water is cheap, but has no food value. It produces a satisfactory loaf, however.

Milk is the best liquid because of its contribution to the food value as well as to the appearance of the loaf. It gives a white crum and a rich golden brown crust. The loaf retains its moisture better than when no milk is used.

Potato water produces a characteristic crust excellent in flavor and hastens the action of the yeast. It darkens the bread slightly but gives a loaf which retains its moisture and does not get stale as quickly as when water is used.

Whey gives a white loaf with a slightly acid flavor which is pleasing to many persons but not to all. Whey hastens the action of the yeast.

Milk powder is desirable when fluid milk can not be obtained. It may be added as a powder or after reconstitution. Double or treble the equivalent of liquid milk may be added if powder is used. This may be very desirable when fluid milk is not available and the powder must furnish the family with the entire amount of milk needed.

Other Materials Used in Bread

Sugar is added to improve flavor, to produce a better bloom in the crust and to hasten the activity of the yeast. Very good bread may be made without sugar. Too much sugar slackens or softens the dough. In making large quantities of bread, the liquid is decreased if a large quantity of sugar is used.

Salt is used to improve the flavor of bread. It probably retards the action of the yeast and possibly is somewhat antiseptic in checking the growth of other organisms in the dough. Too much salt retards the activity of the yeast.

Fat is added to give slight tenderness to both crust and crum and to improve the keeping qualities of the loaf. Butter, lard, butter or lard substitutes are used as shortening. All fat may be omitted.

Eggs give a yellow color to the crum and a brown rich bloom to the crust. Because of their leavening power, eggs add to the lightness of the loaf.

Currants, cinnamon, raisins and other fruit are added for flavor and have little effect on the dough.

Nuts add shortening to bread, and also flavor. Because of their texture, flavor and food value, they may well be used in breads.

Directions for Making Bread

1. Scald the liquid—All liquids should be scalded to ensure destruction of micro-organisms which might interfere with the action of the yeast plant.

2. Add fat, sugar and salt to the hot liquid and let it cool until it is lukewarm.

3. Add the yeast cake, which has been softened in a small amount of water to which one teaspoon of sugar may have been added.

4. Add the flour—Always sift the flour before measuring, except graham flour. There are two methods of mixing flour into dough:

(a) *Sponge method*—Add one half of the flour to the liquid and yeast mixture and beat thoroughly. Set in a warm place until the batter is light. When the batter is light, add the remaining flour or enough to make a dough of the desired stiffness and knead thoroughly until it no longer sticks to the board.

(b) *Straight dough method*—Add to the liquid and yeast mixture all the flour to be used or enough to make a dough of the desired stiffness and knead thoroughly until it no longer sticks to the board. This method may always be used with compressed yeast.

To knead bread—Press the dough away with the palm of the hand. Stretch the dough from the edge, folding the back edge over to the center. Press the dough away with the palm of the hand, exerting sufficient force to cause the part folded over to adhere to the mass under it, and repeat folding. Turn dough one-quarter around and repeat kneading. Continue turning, folding and kneading until dough is smooth and elastic and will not stick to an unfloured board.

5. First rising of dough—Put the dough into a greased receptacle large enough to hold at least three times the bulk of the dough. Grease the top of the dough, cover the receptacle and set in a warm place where the dough will rise. Let it rise until treble its bulk unless a weak flour has been used; in that case, let rise until double its bulk.

6. Second rising of dough—Remove the dough from receptacle, bring the top around the under side and fold edges together. This leaves a ball-shaped mass, round and smooth on the upper surface. Bread carefully shaped in this way seems to give a much better product than seamy rough dough. Put back in receptacle. Grease the dough, cover the receptacle, return to warm place to rise again. This second rising, while not essential, is worth while because it improves both the texture and the flavor of bread.

7. Shape into loaves and put into greased pans. Shape by folding the sides of a piece of dough under while pressing the dough so as to lengthen it. The top should be kept perfectly smooth and the only crease in the dough should be on the under side as the loaf is placed in the tin. Grease the bread (or not), cover and set in a warm place to rise until between double and treble its bulk.

8. Baking bread—A loaf of average size should bake from fifty to sixty minutes at a beginning temperature of about 400° F. After fifteen or twenty minutes, the temperature of the oven may be reduced. A moderate heat for sixty minutes produces better bread than a hot oven for thirty minutes. Bread is baked to complete rising, kill the yeast plants, drive off the carbon dioxide and alcohol, dextrinize the crust, harden the cell walls of the crum and develop the desired flavor. The baking process may be divided into four periods:

First quarter the dough should continue to rise.

Second quarter the dough should crust over and brown slightly.

Third quarter the center of the loaf should bake and the crust continue to brown.

Fourth quarter the loaf should shrink from the sides of the tin and should be browned evenly over its entire surface. It should have a hollow sound.

Care of bread after baking—Bread should be removed from the tins as soon as taken from the oven and placed on racks or crosswise of the tins so that air can circulate on all sides of it. Quick cooling prevents loss of moisture.

Soft crust is secured by greasing tops of loaves as soon as they are taken from the oven.

Crisp crust is possible only if crust is not greased and bread is not covered.

Varying from Recipes

Water may be substituted for milk in all recipes. * This is not always desirable, however, as the purpose of the milk is to supplement the flour and increase its nutritive value.

In recipes using compressed yeast, one-half cup potato yeast may be substituted for one-half cake compressed or dry yeast. When potato yeast is used it is necessary to use a little more flour.

STANDARD RECIPE FOR WHITE BREAD

2 cups milk scalded	½ to 2 compressed yeast cakes
1½ teaspoon salt	softened in ½ cup luke-
1 teaspoon to 2 tablespoons	warm water
sugar	6 to 8 cups sifted flour (enough
None to 2 tablespoons fat	to make a dough)

Scald milk, add salt, sugar and fat, and cool. When lukewarm add the softened yeast. Add flour to make a stiff batter, beating well. Add remainder of flour, enough to make a firm but not stiff dough. Mix and turn on to a floured board. Knead until the mixture is smooth and elastic to the touch and until it does not stick to the hands or to the unfloured board. Put in a greased bowl, brush over top with melted fat. Cover and set in a warm place to rise. When it has almost trebled in bulk, fold it under and let it rise again. When light, shape into loaves and put into greased bread tins. Let rise until almost treble in bulk. Bake in a moderately hot oven fifty to sixty minutes. Remove from pans and cool as quickly as possible. Well-made and thoroughly baked bread should keep from five to ten days in a thoroughly clean, well-aired bread-box.

POTATO BREAD

1½ teaspoon salt	2 cups mashed potato
1 tablespoon sugar	1 cake yeast softened in
1 tablespoon fat	½ cup lukewarm water
½ cup boiling water	4 cups flour (enough to make
	medium dough)

Combine in order given, following general directions for bread-making, straight dough method.

CORN BREAD

$\frac{1}{2}$ cup corn-meal	1 tablespoon fat
$1\frac{3}{4}$ cup water	$\frac{1}{2}$ cake compressed yeast, softened in
$1\frac{1}{2}$ teaspoon salt	$\frac{1}{3}$ cup warm water
2 tablespoons sugar	
$2\frac{3}{4}$ to 3 cups flour (enough to make medium dough)	

Cook the corn-meal in the water ten minutes; add salt, sugar and fat to the mush. Cool until lukewarm, stirring occasionally to prevent a film. When cool add the yeast and beat well. Add the flour and mix well. Knead, using as little flour on the board as possible. Put in a greased bowl, let rise until it almost doubles in bulk. Work it down and let rise again. When light mold it into loaves, place in pan and let rise until it has almost doubled in bulk. Bake in a moderate oven.

RAISIN BREAD

2 cups scalded milk	$\frac{1}{2}$ to 1 yeast cake softened in
2 tablespoons shortening	$\frac{1}{2}$ cup warm water
$\frac{1}{4}$ cup molasses	White flour to make a medium
$1\frac{1}{2}$ teaspoon salt	dough
$\frac{3}{4}$ cup raisins, chopped and floured	

Follow general directions for making bread, either method. Add raisins after the bread is kneaded.

GRAHAM BREAD—No. 1

2 cups scalded milk	$\frac{1}{2}$ to 1 yeast cake softened in
$1\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup warm water
1 cup molasses	4 cups graham flour
1 teaspoon soda	1 cup wheat flour

Scald and cool the milk. Add the salt and the molasses mixed with the soda. Add the yeast. Add sifted wheat flour and unsifted graham flour. Beat well and set in a warm place to rise. When almost double in bulk, stir down and pour into well-greased pans. Let rise again and bake in a moderate oven one hour. Enough flour, part white and part graham, may be used to make a dough and the bread may then be made by the straight dough method.

GRAHAM BREAD—No. 2

2 cups scalded milk	$\frac{1}{2}$ to 1 yeast cake softened in
$1\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup warm water
2 tablespoons molasses or	1 cup wheat flour
2 tablespoons sugar	About 5 cups graham flour

Follow general directions for making bread, adding only the white flour. Let the mass stand in a warm place until light. Stir in graham flour to make a stiff batter. Pour into a baking-dish and when it has almost doubled in bulk bake for one hour in a moderate oven. If a less moist bread is desired, enough flour, part white and part graham, may be used to make a dough and the bread may be made by the straight-dough method.

WHOLE-WHEAT BREAD

2 cups scalded milk	1 yeast cake softened in
2 to 4 tablespoons sugar	$\frac{1}{2}$ cup warm water
1 to 2 tablespoons fat	5 cups whole-wheat flour
1 $\frac{1}{2}$ teaspoon salt	2 to 3 cups white flour—enough to make a medium-stiff dough

Follow general directions for making bread.

RYE BREAD

Follow general directions for whole-wheat bread, using rye flour instead of whole-wheat and adding caraway seeds if desired.

ROLLED-OATS BREAD

1 cup rolled oats	1 tablespoon melted fat
2 cups boiling water	$\frac{1}{2}$ to 1 yeast cake, softened in
$\frac{1}{2}$ cup molasses or brown or white sugar	$\frac{1}{2}$ cup lukewarm water
1 $\frac{1}{2}$ teaspoon salt	4 $\frac{1}{2}$ cups sifted flour

Let the rolled oats steam for an hour in the boiling water. When cool add the yeast, the molasses, salt, and melted fat. Then stir in the flour and set away to rise. When light, beat thoroughly, place in greased bread-pans, let rise again, and bake in a moderate oven one hour. If a less moist bread is desired, add enough white flour in the beginning to make a medium dough and follow directions for straight dough method.

GLUTEN BREAD

2 cups scalded milk	1 yeast cake softened in
1 $\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup lukewarm water
4 cups gluten flour	2 egg-whites

When the milk is cool, add the softened yeast. Then add the salt, and gradually, the gluten flour. Add the slightly beaten whites of eggs. The mixture should be of a consistency to drop from a spoon rather than to pour and should be baked in greased pans filled

about half full. Follow general directions for rising. When ready, bake one hour in a moderate oven. If a less moist bread is desired, after beating in the gluten flour, add enough white flour to make a dough and follow directions for straight dough method of making bread.

Rolls, Fancy Breads and Muffins

For plain rolls, use the straight dough method. This saves time and they are just as good as when made by the sponge method.

For fancy rolls use the sponge method. When large quantities of fat, sugar and eggs are used, as in fancy rolls, it is considered desirable to make a sponge of the yeast, liquid and one-half the flour, adding the fat, sugar and egg after the sponge is light. However, very good results can be secured by adding all ingredients before the first rising. Such a change may be made in any of the following recipes.

Soft, light dough—A softer dough is used for rolls than for loaves of bread, and rolls and fancy breads should be permitted to become lighter than loaves. This is because they are eaten fresh and should be very light and spongy in texture.

Baking rolls—Bake in a hot oven. Rolls are so small in size that slow baking dries them out. For crusty rolls, bake in individual gem pans or place one-half to one inch apart in baking-pan. To obtain a soft, bright crust, grease the rolls before baking; for a crisp crust, do not grease either before or after baking.

STANDARD ROLL RECIPE

2 cups scalded milk	1 yeast cake softened in
1½ teaspoon salt	¼ cup warm water
4 tablespoons sugar, or for	6 cups flour (enough to make a
variation, 2 to 8 table-	smooth, tender dough)
spoons of sugar	4 tablespoons shortening, or for
	variation, from 2 to 8 table-
	spoons fat

The greater the amount of sugar, the sweeter the roll. The greater the amount of fat, the richer and more tender the roll.

Follow general directions for making bread, kneading in a little less flour and permitting the dough to become lighter during the rising process, after it is shaped, and before placing rolls in the oven.

PLAIN ROLLS

When dough is light, cut or tear it into small pieces uniform in size, about the size of a small egg or a walnut. Fold the sides under until the top of the roll is perfectly smooth. Place in bread tin or on bread sheet or in individual molds.

CINNAMON ROLLS

Use standard roll recipe, using four tablespoons each of sugar and fat. When dough is light, roll into a sheet about one-fourth inch thick, spread liberally with melted butter, sprinkle with sugar and cinnamon. Add currants if desired. Roll like jelly-roll. With sharp knife or shears cut slices from the roll and place them an inch apart on a well-greased sheet. When light, bake in hot oven about twenty minutes. When baked, the tops may be brushed with the yolk of egg diluted with a tablespoon of milk and returned to oven to brown.

CLOVER-LEAF ROLLS

Use standard roll recipe with any desired amount of sugar or fat. When light, break dough into small pieces about the size of marbles. Place three or four of these tiny balls close together in muffin rings or pans. When very light, bake about fifteen minutes in hot oven. The success of these rolls depends on having the three balls together equal only as much dough as an ordinary roll would require and letting them rise very light before baking them.

CRESCENT ROLLS

Use standard roll recipe, adding flour to make a stiffer dough than for many other rolls. When light, cut the dough into small pieces the shape of triangles. Brush with butter. Roll each triangle, beginning at the base. Press dough lightly with palm of hand, bringing ends around to form a crescent. Place on tins some distance apart. When light, bake in hot oven fifteen minutes. Brush with egg-yolk mixed with milk and return to oven for browning.

DINNER ROLLS

Standard recipe, using four tablespoons fat, desired amount of sugar and two egg-whites. Add one-half the flour, beating until smooth, then add the beaten whites of eggs. Add the remainder of the flour, knead lightly and let rise. When light, cut or break dough into rolls the size of walnuts. Shape, place on well-greased pans, one-half to one inch apart, let rise and glaze with white of egg diluted with water. Bake in hot oven.

FINGER ROLLS

Use standard roll recipe and when light cut and shape into long pieces about the size and shape of a finger. Place on well-greased pan, brush with melted butter or egg-white. When light, bake in hot oven.

LUNCHEON ROLLS

Use standard roll recipe. A rather rich roll is best. Add two well-beaten eggs after one-half the flour has been added. Add remaining flour and knead. When light shape into small biscuits. Place one inch apart in well-greased pan. When double in bulk, brush with egg-yolk diluted with milk and bake in hot oven.

PARKER-HOUSE ROLLS (POCKET-BOOK ROLLS)

Use standard roll recipe. Four tablespoons each of sugar and fat give excellent results. When light, roll dough one-fourth inch thick. Cut with biscuit-cutter, brush each circle with melted butter and crease through the center of each roll with the dull edge of a knife. Fold each roll over double. Place on well-greased pan one inch apart, brush with melted butter and when very light bake in hot oven.

TWISTED ROLLS

Use standard roll recipe. When light, break dough into small pieces and roll out with palm of hand into rolls about seven inches long and one-half inch thick, taking an end of each strip between the thumb and forefinger of each hand, twist in opposite directions and bring the ends together. Shape the two ends alike, place one-half inch apart on well-greased pans, brush with melted butter or egg-yolk diluted with milk. When light, bake in hot oven.

TEA BISCUIT

Use standard roll recipe. When dough is light, roll and cut with biscuit-cutter. Place on well-greased pans one-half inch apart. When light bake in hot oven.

ENGLISH MUFFINS

Use standard roll recipe, making a very soft dough. Knead lightly until smooth and elastic. Work down and when light again roll out with rolling-pin to about one-fourth inch in thickness. Cut in circles. When light, bake on ungreased hot griddle. As soon as they are brown on one side, turn them over. When both sides are browned, bake more slowly until finished. They may be browned on the griddle and then may be put into the oven to finish baking.

A modification of this recipe may be made by adding enough flour to make a drop batter. Let it rise until light. Drop batter into large, greased English muffin rings, arranged on a greased baking-sheet. Bake in a hot oven until nearly done. Turn rings upside down and complete baking.

MONTE CARLO BREAD

2 cups scalded milk	2 yeast cakes softened in
1½ teaspoon salt	½ cup lukewarm water
1 cup sugar	9 cups flour (enough to make
1 cup butter or butter sub-	soft dough)
stitute	1½ cup currants
6 eggs	

Add scalded milk to salt, sugar and fat. When lukewarm, add the yeast. Add one-half the flour and beat well. Let rise until very light. Add slightly beaten eggs, currants and remaining flour. Knead lightly, let rise and when light place in well-oiled bread-pans. Let rise and when light bake in moderate oven. When the bread is a few days old, cut in thick slices and toast.

TWIST

1 cup scalded milk	1 yeast cake softened in
¾ teaspoon salt	¼ cup warm water
1 cup sugar	2 eggs or 4 egg-yolks
½ pound butter or butter	Mace (may be omitted)
substitute	½ cup almonds, blanched
About 5 cups flour	1 cup raisins

Add the scalded milk to the salt, sugar mixed with the mace and fat. When lukewarm, add the yeast, the eggs or egg-yolks and half the flour. Beat well and add the remainder of the flour or enough to make a rather stiff dough. Knead until the dough does not stick to the board. Put in a greased bowl, cover and let rise. When double in bulk, add the almonds and raisins, kneading them in. Divide the dough into four large portions and five smaller portions. Roll each into a long roll and allow each to rise separately on a floured board. When well risen, braid loosely the four longer pieces, forming a twisted loaf. Place in a baking-pan lined with oiled paper. Braid three of the smaller pieces in the same manner and place this braid on the loaf. Roll the two remaining pieces and put them on the very top. Press the whole gently into a good shape. Brush with the beaten yolk of an egg diluted with two tablespoons milk. When light, bake in a slow oven.

SWEDISH TEA RING

1 cup scalded milk	1 yeast cake softened in
¾ teaspoon salt	¼ cup warm water
¼ cup sugar	3½ cups flour
6 tablespoons shortening	1 egg
½ cup finely chopped nuts	

Add the scalded milk to the salt, sugar and fat. When lukewarm add the yeast. Add one-half the flour and beat well. Let rise until very light. When light add the egg and the remaining flour and beat well. Let rise. Divide the dough into two parts and shape each in a long, round piece and form two circles, placing the circles on a baking-tin. Brush with white of egg and sprinkle with finely chopped nuts. With a large pair of scissors cut toward the center of the ring, but not quite to the center, at intervals of two inches, placing the cut section each time flat on the tin, giving it a petal-like appearance. When light, bake in a moderate oven.

RUSKS

1 cup scalded milk	$\frac{1}{2}$ to 1 yeast cake softened in
$\frac{3}{4}$ teaspoon salt	$\frac{1}{4}$ cup warm water
2 tablespoons sugar	$3\frac{1}{2}$ to 4 cups flour (enough to
$\frac{1}{2}$ cup shortening	make a soft dough)
1 egg	

Cool the milk, add the yeast and one-half the flour. When light add salt, sugar, shortening, egg and remaining flour. Knead lightly on well-floured board. Let rise until double in bulk, roll out and cut with biscuit-cutter. Place on well-oiled pans, let rise and bake in moderate oven.

BREAD STICKS

4 tablespoons butter or	1 yeast cake dissolved in
butter substitute	$\frac{1}{4}$ cup lukewarm water
$1\frac{1}{2}$ tablespoons sugar	1 egg
1 cup milk	$3\frac{1}{2}$ cups flour
$\frac{1}{2}$ teaspoon salt	

Scald the milk and cool it. Cream the butter and sugar, add the milk and salt. Add the dissolved yeast, the egg-white, well beaten, and the flour. Knead and let it rise. Shape into sticks about the size of a lead pencil. Put into a floured pan, far apart; the sticks must not touch one another after they have risen. Set aside to rise again. When light, put into a hot oven and decrease the heat so that the sticks may become dry and crisp.

RAISED MUFFINS

1 cup scalded milk	1 yeast cake softened in
$\frac{3}{4}$ teaspoon salt	$\frac{1}{4}$ cup warm water
4 tablespoons sugar	$3\frac{1}{2}$ cups flour
2 tablespoons shortening	1 egg

Add the scalded milk to the salt, sugar and shortening. When lukewarm, add the yeast and one and one-half cups flour. Beat thoroughly.

When very light, add the beaten egg and the remaining flour. Mix well and let the dough rise until double in bulk. Shape into portions small enough to fit into muffin-tins. Brush the top with egg-white slightly beaten and sprinkle with chopped nuts. Let rise in a well-oiled tin and bake in moderate oven.

COFFEE CAKE

1 cup scalded milk	1 cake yeast softened in
$\frac{3}{4}$ teaspoon salt	$\frac{1}{4}$ cup warm water
$\frac{2}{3}$ cup sugar	1 egg
4 tablespoons butter or butter substitute	2 cups flour (about)
	Sugar, cinnamon

Cool the milk and add the yeast and one-half the flour. Beat well and let rise until very light. Add the slightly beaten egg, sugar and melted fat, mix thoroughly and add remaining flour. Let rise until almost double in bulk. Pour into shallow, greased pans. When light, sprinkle thickly with sugar and cinnamon. Bake twenty minutes. Serve hot.

HOT-CROSS BUNS

1 cup scalded milk	1 yeast cake softened in
$\frac{3}{4}$ teaspoon salt	$\frac{1}{4}$ cup warm water
$\frac{1}{2}$ cup sugar	4 $\frac{1}{2}$ cups flour (about)
$\frac{1}{2}$ cup shortening	3 egg-yolks

Add scalded milk to salt, sugar and shortening. When lukewarm, add yeast and one and one-half cups flour. Beat well and let rise until very light. Add the egg-yolks and the remaining flour. Knead lightly and let rise until double in bulk. To make buns, roll out dough to one inch thickness and cut into rounds. Set these close together on a greased pan and let rise. Glaze the surface of each bun with a little egg-white diluted with water. With a sharp knife cut a cross on top of each bun. Bake about twenty minutes. Just before removing from the oven, brush with sugar and water. Fill the cross with a plain frosting. A cup of raisins may be added to the dough, if desired.

BRIOCHE

1 cup scalded milk	1 yeast cake softened in
$\frac{3}{4}$ teaspoon salt	$\frac{1}{2}$ cup warm water
$\frac{1}{2}$ cup sugar	5 cups flour (about)
$\frac{1}{2}$ cup butter or butter substitute	$\frac{1}{2}$ cup eggs
	$\frac{1}{2}$ teaspoon lemon extract

Cool the milk, add the yeast and one and one-half cups flour to make sponge. Beat well. Cover and set aside until light. Add the melted

fat, salt, sugar, flavoring and eggs. Add the remainder of the flour and beat well. Set in refrigerator or near ice for at least twelve hours to develop gluten and chill it. The dough will be very soft and should be handled quickly. It may be well to take only a part of it from the refrigerator at a time. Turn the dough on a floured board and roll into a long rectangular shape about one-fourth inch thick. Spread with softened butter or butter substitute. Fold from sides to center to make three layers. Cut off narrow strips about one inch wide. Taking the end of each strip between thumb and forefinger of each hand, twist it in opposite directions. Coil and bring the ends together to form a ring. Place on well-oiled pan, allowing plenty of room for each to rise. When double in size, glaze with white of egg diluted with water and bake in a moderate oven. Ice, while hot, with a mixture of confectioner's sugar and water.

FRENCH BRIOCHE

1 yeast cake softened in	$\frac{1}{2}$ teaspoon salt
3 tablespoons lukewarm	2 teaspoons sugar
water	$1\frac{1}{2}$ cups butter or butter sub-
4 cups flour	stitute
5 eggs	

Add to the yeast enough flour to make a soft, pasty ball. Drop this ball into a pan of warm water (not hot water, for that would stop fermentation). Cover the pan and set it in a warm place for about an hour, then the ball will be found on the surface of the water.

Put the flour into a bowl, make a well in the center, into which break three eggs whole, add the salt, sugar, and soft butter or butter substitute. Work these together with the hand, gradually mixing in the surrounding flour and adding one more egg. Mix and beat for quite a long time until the dough entirely loses its stickiness.

Take the leavening ball from the water with a skimmer, and work thoroughly into the mass, adding the last egg. Work and beat for a very long time, so that the texture of the dough will be very fine. Put the dough in a bowl with a cover and let it rise until double in size. Beat it down again and place it in the ice-box for at least twelve hours.

The paste must be handled quickly and lightly when taken from the ice, as it softens if it becomes warm. Form into small balls, glaze with egg and allow to rise until light. Bake about twenty minutes in a moderate oven.

This noted French preparation is used in many ways. It may be served with coffee or tea. There are several ways of shaping it, besides the one given; perhaps the ring and the twist are the best known. A very good simple dessert is made by baking this mixture in small shapes in muffin-tins and serving it with chopped fruit and a fruit sauce poured over it.

RAISED DOUGHNUTS

1 cup scalded milk	1 yeast cake softened in
1 teaspoon salt	$\frac{1}{4}$ cup lukewarm water
$\frac{3}{4}$ cup sugar	$3\frac{1}{2}$ to 4 cups flour
2 tablespoons shortening	1 egg
$\frac{1}{2}$ teaspoon grated nutmeg	

Add scalded milk to fat, sugar and salt. When lukewarm, add the softened yeast. Add one and one-half cups flour. Allow the sponge to stand in a warm place until it is so light that it will fall at the slightest touch. Add the eggs, nutmeg, and remainder of the flour and knead. The dough should be softer than bread dough. Cover and set in a warm place to rise. Toss on a lightly floured board and roll until three-fourths inch thick. Cut with a doughnut cutter and let rise. When frying, put the raised side of the doughnut down in the fat. The heat will cause the top side to rise by the time the doughnut is ready to turn.

SALT-RISING BREAD—No. 1

Noon

Three tablespoons fresh corn-meal. Add enough scalded milk while hot to form thick batter. Stir constantly. Keep in warm place until early next morning.

Note—If this is not light in the morning do not attempt to use. Discard and try again from another supply of corn-meal.

Next morning

$\frac{1}{4}$ teaspoon salt	1 pint warm water
$\frac{1}{4}$ teaspoon soda	Flour

Add water to salt and soda. Add flour to make thick batter. Add yeast made from corn-meal and beat well. Place the bowl containing this sponge in warm (not hot) water, and keep it warm, about blood heat. The sponge should be light in about one and one-half hours.

About $1\frac{1}{2}$ hours later

1 pint warm water	1 pint scalded milk (cooled until lukewarm)
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Stir thick with flour. Let rise until double in size. This should take about forty-five minutes.

About 45 minutes later

Add flour to make a medium dough and knead. Shape into loaves. Let rise.

About $1\frac{1}{2}$ hours later

Bake.

All through the process of making salt-rising bread the batters and dough can be kept much warmer than for ordinary yeast bread. All utensils must be very clean.

SALT-RISING BREAD—No. 2

Evening

Scald a small bowl. Put into it

$\frac{2}{3}$ cup hot water (not scalding) $\frac{1}{5}$ teaspoon salt
 $\frac{1}{16}$ teaspoon soda (a "pinch")

Stir thick with unsifted graham flour. Keep warm for about twelve hours.

Next morning

1 pint whole fresh milk $\frac{1}{2}$ teaspoon salt
 1 pint cold water $\frac{1}{16}$ teaspoon soda
 Flour

As soon as the rising is light, scald the milk, and pour it into a large sterilized mixing-bowl. Add the water, sift in bread flour to make a thick batter, add the salt, soda and rising. Beat thoroughly, cover and set in a warm place to rise. Keep an even heat in order not to scald the sponge around the edges.

About two hours later

When the mixture is doubled in bulk, stir down and add one-half teaspoon salt, a pinch of soda and just enough flour to make it possible to handle the dough. Make into loaves. Put in well-greased tins and keep at the same warm temperature until light. On account of the soft dough, the loaves will not round up like yeast bread; the top will be almost flat.

About 1½ hours later

Bake thirty to forty-five minutes, according to the size of the loaves. The oven should be hot and kept at a steady temperature during the baking.

TOAST

Good toast can not be made from very fresh bread or over a poor fire. Bread should be cut in slices from one-eighth to one-half inch thick and toasted over a clear fire or in the broiling oven of a gas-stove, or in an electric toaster until both sides are an even, rich golden-brown color. In making toast, the slices should be turned two or three times to avoid warping.

BUTTERED TOAST

Toast bread until crisp and rich brown on both sides. Butter while hot and serve at once.

TOAST MELBA

Cut bread in one-eighth-inch slices and toast until crisp.

WATER TOAST

Toast bread until crisp and brown. Pour into a soup-plate one cup boiling water and one teaspoon salt. Dip the toast in this water and remove at once. Spread lightly with butter and serve immediately.

MILK TOAST—No. 1

Toast bread, butter it well, sprinkle with salt and pour scalded milk over it.

MILK TOAST—No. 2

6 slices bread	2 tablespoons butter or
Butter	butter substitute
2 tablespoons flour	2 cups scalded milk
Salt	

Make a white sauce of the flour, fat, milk and salt. Toast the bread carefully until a golden brown. Butter while hot and cover with the white sauce.

CREAM TOAST

6 slices bread	1 cup scalded cream
Butter	Salt
1 tablespoon flour	1 egg
1 cup scalded milk	

Make a white sauce of the milk, cream, flour and salt. Pour this hot liquid over the beaten egg. Toast the bread, butter while hot, then pour the cream sauce over the toast.

TOMATO CREAM TOAST

6 slices bread	2 tablespoons butter or
Butter	butter substitute
1 cup scalded milk	Salt
2 tablespoons flour	1 cup tomato
$\frac{1}{8}$ teaspoon soda	

Make a white sauce of the milk, flour, fat and salt. Cook and strain the tomato. Add the soda to the tomato, then add the hot tomato to

the white sauce. Do not cook after the tomato mixture has been added to the white sauce. Toast the bread, butter while hot and cover with the tomato sauce.

FRIED TOAST OR FRENCH TOAST

12 slices bread $\frac{1}{2}$ inch thick	$\frac{1}{2}$ teaspoon salt
3 eggs	Powdered sugar
2 cups milk	

Beat the eggs, add the milk and salt. Dip slices of bread into this mixture and sauté in a little hot fat until a delicate brown. Sprinkle with powdered sugar and serve hot.

CINNAMON TOAST

Slice bread very thin and toast. While hot, spread with butter and sprinkle generously with a mixture of sugar and cinnamon. Place on the top shelf of the oven or under the broiler just long enough to melt the sugar.

PULLED BREAD

Remove the crust from freshly baked bread. With two forks, pull the tender crum of the bread into irregular pieces about a finger in length, and somewhat wider. Place on a paper in a shallow pan and dry in a moderate oven with the oven door open. When dry to the center of each piece, close the door and bake until a delicate brown.

CRISPED BREAD

Cut the crust from stale bread. Slice the bread as thin as a wafer, dry it on a pan lined with paper, in the oven, leaving the door open. When entirely dry, close the oven door and brown slightly.

USES FOR STALE BREAD

Stale bread should never be thrown away. The soft part may be grated and used for soft crumbs. The larger pieces of bread may be used for toast, croutons or toast sticks. The drier pieces may be dried very slowly in the oven and then grated or ground for dry crumbs.

SANDWICHES

The bread for flat sandwiches should be a day old, so as to cut more easily. For rolled sandwiches, or for very thin slices of bread to be buttered and put overlapping on a plate, fresh bread should be used.

Bread made especially for sandwiches, in good-sized square loaves, though not necessary, is desirable so that the slice may be cut without

waste. White or brown bread, rye, graham, whole-wheat, raisin, date, or nut breads may be used, sometimes two or more kinds may be used together. Long, narrow rolls make attractive sandwiches when sliced lengthwise, buttered, and filled. For picnics, the crum of the roll may be removed and the hollow filled with sandwich material.

Thin salt wafers or crackers are often used instead of bread for paste sandwiches.

Making and Keeping Sandwiches

The bread for fancy sandwiches to be used for tea or receptions, or as an appetizer at the beginning of the meal, or to be served with the salad, should be cut into slices as thin as possible and the crusts should be removed. Use a sharp knife, so that there will be no ragged edges.

Picnic and lunch-box sandwiches are cut somewhat thicker than fancy sandwiches and the crusts, as a rule, are left on. The filling and butter for picnic sandwiches should be increased in proportion to the thickness of the slice of bread. Many picnic or lunch-box sandwiches are unpalatable because there is too large an amount of bread in proportion to butter and filling.

When the crusts are left on, care should be taken to butter adjacent sides of adjoining slices. To do this, cut the slices needed and allow them to fall in order. Take two at a time, open like a book and butter the top surfaces. The edges will fit nicely, and look more attractive than irregular edges.

Preparing the butter—The butter should be thoroughly creamed before using or it will not spread evenly over the bread. To cream butter, place it in a warm bowl and mash and beat until it is soft, homogeneous and completely smooth. It will then spread well even on fresh bread. Sandwich butters are often worked up into a mixture of one cup of butter to one-half cup of cream.

About one-half cup of butter creamed will spread a two-pound sandwich loaf cutting forty to forty-five slices.

Mustard, salt, grated horseradish, chopped parsley, chives, or curry-paste or powder may be added to creamed butter, for use as a foundation in sandwiches of beef, tomato, game, chicken, fish, cheese, or eggs.

Spreading butter and filling—Spread the butter to the very edge of each slice on the sides that are to be put together, being careful, however, not to let the butter spread over the edges so that it is untidy. A poorly buttered sandwich is very unpalatable. Many persons spread only one slice of sandwich with butter, but the product is thereby impaired.

If the slices need not be fitted together, it is often easier to spread the bread before cutting from the loaf.

A pliable knife or small spatula is a great help in spreading butter or filling.

Spread the filling on the buttered surface of one slice only of each sandwich. Proportion the filling to the thickness of the bread, using more filling for thick slices than for thin ones. Have the filling come to the edge of the sandwich, if possible.

If mayonnaise is used, as in mayonnaise and lettuce sandwiches, where it is not combined with a filling, it is more evenly distributed if it is spread on one of the slices of bread and the lettuce leaf placed upon it.

Shaping the sandwiches—Two slices of sandwich bread placed together may be cut in half diagonally, and each half may be cut in half diagonally, making four little triangular sandwiches of equal size.

Tin cutters in various shapes may be used for cutting sandwiches. If sandwiches are shaped with these fancy cutters, the bread should be shaped before spreading to avoid wasting butter and filling. Care must be taken not to spoil the shape, however. Heart, club and spade shapes are popular for card parties. Heart shapes are attractive for valentine and announcement parties, and showers.

Stripes, triangles, circles, crescents, rolled sandwiches and folds are used for teas.

Rolled sandwiches—Cut the crusts from a fresh loaf of bread (or if a stale loaf of bread is used, cut off the crusts and wrap for an hour in a cloth wrung from cold water). Spread a thin layer of butter on one end of the loaf and then cut from it as thin a slice as possible. If a filling is used, spread it also on the slice of bread. Roll this slice with the buttered side inward and lay it on a napkin, with the edge of the slice downward. When all the sandwiches have been prepared, draw the napkin firmly around the rolls and put them in a cold place until needed. The butter will harden and hold the rolls together.

Route work—In making sandwiches in quantity, route the work so that there will be no waste motions. Have a large enough space for (1) cutting the bread; (2) spreading the slices with butter and then filling; (3) shaping and (4) wrapping the sandwiches.

Keeping sandwiches—Sandwiches are best prepared just before serving, especially if the filling is fresh vegetable or material that will soak into the bread. Picnic sandwiches or those without dressing may be made several hours in advance, and wrapped in paraffin paper or covered with a slightly dampened cloth or placed in a stone jar.

Filling for Salad Sandwiches

All forms of meat may be used with lettuce leaves, between two slices of buttered bread, with or without salad dressing. The slices should be pressed together and the crust trimmed, if desired. Lettuce may be used in large, crisp leaves, or in "ribbons," to make the sandwich easier to eat. Cress may be used instead of lettuce. Where mayonnaise dressing is used, the sandwiches must be made at the last

moment, and served promptly. Tomatoes and cucumbers combined with lettuce and mayonnaise make delicious salad sandwiches.

Filling for Tea Sandwiches

The tea sandwich is seldom made of meat, though minced chicken or turkey, or sardines beaten to a paste, are sometimes used for it. The bread is cut very thin and encloses a bit of lettuce spread with mayonnaise dressing, chopped olives, nasturtiums, or watercress. An attractive sandwich is made from diminutive Vienna rolls split not quite through and spread with the vegetable filling.

Another tea sandwich is made by spreading jelly or preserves between two salt crackers. If the crackers are spread with a thin film of butter and crisped quickly in a hot oven, this form of sandwich is really worth eating.

Almond sandwiches of all varieties are delicious for the tea-table.

Filling for Sweet Sandwiches

Preserves of all kinds, drained from their sirup, marmalade, jam, jelly, crystallized and candied fruits are used for sweet sandwiches with graham or salt wafers, as well as with bread or sponge cake. The crystallized fruits may be sliced thin and dipped in cream, chopped fine, moistened in orange-juice, and spread between bread or lady-fingers.

Tiny tea biscuits make an excellent foundation for sweet sandwiches. They are split and buttered while hot and filled with honey and almonds, cream cheese and jam, or chopped nuts and marmalade. They are best served warm.

Maple sugar, scraped or grated, with chopped nuts is used with brown bread.

Ice-cream is cut in slices and put between layers of sponge-cake or wafers.

Filling for Nut Sandwiches

Pignolias or pine nuts, black walnuts, English walnuts, almonds and pecans may all be put through a meat-chopper, mixed, a very little salt added, and spread over thin, buttered slices of brown or white bread. Or, to the ground nuts may be added a little salt and paprika and either olive oil or creamed butter to make a smooth paste. Spread thickly.

The salty taste of peanut butter is good with raisin bread. Peanuts may be rubbed to a paste with creamed butter and a layer of finely chopped preserved ginger added.

Butternuts, English walnuts, or pecans may be used in equal parts, ground fine, with cream cheese moistened with sweet thick cream and seasoned with salt. Grated American cheese may be used instead of cream cheese and melted butter instead of cream.

Equal quantities of pecans, stuffed olives and celery, finely chopped, may be mixed with mayonnaise and spread on entire-wheat or white buttered bread.

Meat Sandwiches

A slice of meat rarely appears in a carefully made sandwich, and then it should be as thin as a knife-blade with several tiny slices in each sandwich. Fancy butters are excellent with sliced meat. A sandwich is more appetizing when the meat is rubbed to a smooth paste before adding butters. Potted ham and tongue, chicken and tongue, bacon and liver, caviar, pâté de foie gras, chicken liver, sardines, ham, and fresh tomatoes with a suggestion of garlic are suggested. Potted meats of any kind mixed with mayonnaise and laid between leaves of lettuce or cress, also dipped in the mayonnaise, are used between slices of white bread.

Salted meats and fish fillings are improved by lemon-juice, chopped pickles or capers. Pastes of fresh fish and meat require high seasoning.

Serving Sandwiches

Garnishes of fine parsley, cress, celery plumes, or slices of lemon are very effective on the serving-dish. Barberries and leaves, fresh nasturtium leaves and blossoms, or something to indicate the kind of sandwich may be used as a garnish.

Coffee is the most acceptable accompaniment to sandwiches. Tea comes next. Cocoa and chocolate are appropriate.

Recipes for Sandwiches and Sandwich Fillings

As a rule, one tablespoon of a sandwich filling will fill one thin double sandwich using two slices of bread. The following recipes have been computed on this basis and unless otherwise stated each recipe will make ten to twelve double sandwiches. If these fillings are used for thicker sandwiches, twice the amount stated should be used.

ANCHOVY BUTTER

Yolks of 4 hard-cooked eggs	½ cup butter
4 boned anchovies	Paprika

Rub the yolks of the hard-cooked eggs to a smooth paste with the anchovies and butter and add paprika to taste.

HAM BUTTER

$\frac{1}{4}$ pound or $\frac{1}{2}$ cup cooked ham	Yolks of 2 hard-cooked eggs
$\frac{1}{2}$ cup butter	Pepper

Grind the ham and pound smooth with the butter and the yolks of the hard-cooked eggs and season with pepper.

SHRIMP BUTTER

1 cup cooked shrimps	1 cup butter
Salt	About $\frac{1}{4}$ cup tarragon vinegar or lemon-juice
$\frac{1}{8}$ teaspoon cayenne	

Pound the shrimps in a mortar with salt and cayenne. Add an equal portion of butter and moisten the mixture with the tarragon vinegar or lemon-juice.

PEANUT BUTTER AND FRUIT

$\frac{1}{4}$ cup figs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup raisins	$\frac{1}{2}$ cup peanut butter
2 tablespoons light corn-sirup	

Wash figs and raisins and put through a food-chopper. Add salt, peanut butter, lemon-juice and corn-sirup, and mix well.

PEANUT BUTTER AND ORANGE MARMALADE

$\frac{1}{2}$ cup peanut butter	$\frac{1}{2}$ cup orange marmalade
$\frac{1}{4}$ cup cream	

Mix peanut butter with cream or milk until it is smooth and light in color. Spread generously on thin slices of bread, and add a layer of orange marmalade. The marmalade may be mixed with the peanut butter, if preferred.

PEANUT BUTTER AND BANANA

$\frac{1}{2}$ cup peanut butter	$\frac{1}{2}$ cup banana pulp or
$\frac{1}{4}$ cup cream or hot water	2 bananas
Lemon-juice	

Mix the peanut butter with the cream until smooth and light in color, then combine with banana pulp and lemon-juice, or slice banana over layer of peanut butter on bread.

PEANUT BUTTER AND PICKLE

$\frac{1}{2}$ cup peanut butter $\frac{1}{2}$ cup chopped pickle $\frac{1}{4}$ cup hot water

Cream peanut butter and water together and add chopped pickle.

PEANUT BUTTER AND ONION

1 cup peanut butter
 $\frac{1}{4}$ cup mayonnaise

1 small Bermuda or
 Spanish onion

Beat peanut butter, add mayonnaise and spread sandwiches. Slice onion in very thin slices and put a layer of these over mixture on bread.

ALMOND SANDWICHES—No. 1

$1\frac{1}{2}$ cup finely chopped almonds $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cup lemon-juice

Use with thin slices of buttered bread. Cut into small ovals, pressing a blanched nut in the center.

ALMOND SANDWICHES—No. 2

$1\frac{1}{4}$ cup almonds $\frac{1}{4}$ cup lemon-juice $\frac{1}{2}$ teaspoon salt

Toast the almonds a light brown and grate them. Form into a paste with a little lemon-juice, add a little salt, and spread over the bread.

ALMOND SANDWICHES—No. 3

$\frac{1}{3}$ cup almonds $\frac{2}{3}$ cup celery $\frac{1}{4}$ cup mayonnaise

Chop almonds fine and mix them with twice their bulk of shredded celery. Sandwiches filled with this mixture are an excellent accompaniment to salads or cold meats. When served with the latter, the celery and almonds may be moistened with a few spoonfuls of mayonnaise.

MARRON SANDWICHES

Chop marrons glacés (French chestnuts) fine, spread on rounds of bread and cover with rounds of bread from which the centers have been cut. Fill the centers with whipped cream, sweetened and flavored, and decorate with blanched and chopped pistachio nuts or tiny candied violets.

CHEESE SANDWICHES—No. 1

Place thin slices of American, Swiss or English cream or cheddar cheese between two slices of thinly buttered bread, or grate sapsago and Parmesan cheese and sprinkle thickly over a slice of buttered bread, then dust with a mild red pepper and add another slice of bread. Many people like a dash of mustard on these sandwiches.

CHEESE SANDWICHES—No. 2

Yolks of 3 hard-cooked eggs	Paprika
2 tablespoons oil	Salt
Mustard	1 tablespoon vinegar
1 cup grated cheese	

Rub smooth the yolks of eggs. Add oil, stirring it in very slowly with a fork, and mix thoroughly with a little mustard, paprika, salt and the vinegar. Add grated cheese, and spread between thin slices of white or brown bread.

CHEESE SANDWICHES—No. 3

$\frac{1}{2}$ pound American full cream cheese, or	$\frac{1}{4}$ cup cream
$1\frac{1}{3}$ cup grated	$\frac{1}{2}$ teaspoon dry mustard
2 tablespoons melted butter	Paprika
	Salt

A cheese filling which will keep indefinitely in closed covered jars is made by mixing the ingredients given.

COTTAGE-CHEESE SANDWICHES

$1\frac{1}{4}$ cup cottage cheese	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter or butter substitute	2 tablespoons cream

Cut slices of brown bread one-half inch thick, not removing the crusts. Rub the cheese to a smooth paste, and add slowly, beating all the while, the melted butter or butter substitute, the salt and the thick cream. Spread each slice of bread thickly with this cream mixture. Cover with a very thin slice of white bread and on top of this put another thin layer of cheese. Cover with a slice of brown bread and trim into shape.

ANCHOVY AND CHEESE SANDWICHES—No. 1

10 tablespoons Parmesan cheese	10 slices toasted bread
	5 anchovies

Add to the Parmesan cheese the anchovy and rub to a paste. Spread between two very thin slices of toasted buttered bread.

ANCHOVY AND CHEESE SANDWICHES—No. 2

1 cup cream cheese
Pinch of mustard

$\frac{1}{4}$ cup anchovy paste

Add anchovy paste to cream cheese and mustard. Spread between slices of buttered bread.

BANANA AND CHEESE SANDWICHES

1 cup cream cheese
 $\frac{1}{4}$ cup cream

2 bananas
 $\frac{1}{4}$ cup mayonnaise

Place ice-cold bananas sliced and covered with mayonnaise between buttered slices of white bread spread with cream cheese softened with cream. Bananas may be made into pulp and mixed with cheese.

HARLEQUIN SANDWICHES WITH CHEESE

Cut one-half-inch slices of both brown and white bread. Spread these slices with butter and cream cheese and place four of these thick slices together, alternating the brown bread with the white. When well pressed together, slice through the four layers, cutting them into as thin slices as possible without allowing the slices to break. When neatly done, the effect of the alternate layers of dark and light is very good.

CHEESE AND ORANGE MARMALADE SANDWICHES

$\frac{1}{2}$ cup cream cheese
 $\frac{1}{4}$ cup cream

$\frac{1}{2}$ cup orange marmalade

Spread half the slices with seasoned cheese, softened with the cream and mixed with seasoning if desired, the other half with orange marmalade to which is added a little French mustard and fit slices together.

CHEESE MAYONNAISE SANDWICHES

2 hard-cooked eggs
1 tablespoon melted butter
or butter substitute
 $\frac{1}{3}$ pound cheese

$\frac{1}{2}$ teaspoon mustard
 $\frac{1}{2}$ teaspoon salt
1 tablespoon vinegar or water
 $\frac{1}{2}$ teaspoon pepper

Crumble and mix the yolk of egg with the butter or butter substitute until it is smooth, then add the grated cheese, salt, pepper and mustard, mixing each thoroughly as it is added. Next stir in the vinegar or water. Spread this mixture between slices of buttered bread, crackers or pieces of oat-cake.

CHEESE AND OLIVE SANDWICHES

1 cup cream cheese or cottage cheese $\frac{1}{4}$ cup chopped olives

Cut brown bread into very thin slices, buttering lightly. Lay between two of these slices a filling made of cottage cheese mixed with chopped olives.

CHEESE AND ONION SANDWICHES

1 cup cream cheese 10 lettuce leaves
 $\frac{1}{4}$ cup chopped Bermuda onion $\frac{1}{4}$ cup mayonnaise

Mix the cheese with the onion. Use mayonnaise on a crisp lettuce leaf between slices of buttered bread.

ROQUEFORT CHEESE SANDWICHES

$\frac{1}{2}$ cup Roquefort cheese 2 tablespoons butter or
Olive oil butter substitute

To Roquefort cheese, add creamed butter or butter substitute, and enough olive oil to make a paste. Spread thinly on slices of buttered whole-wheat bread, and cover with a second slice.

RUSSIAN SANDWICHES

$\frac{1}{2}$ cup Neufchatel cheese $\frac{1}{4}$ cup chopped pimiento
 $\frac{1}{4}$ cup chopped olives $\frac{1}{4}$ cup mayonnaise
10 lettuce leaves

Spread thin slices of Boston brown bread, lightly buttered, with Neufchatel cheese, or any other cream cheese. Spread also an equal number of buttered slices with finely chopped olives and pimientos mixed with mayonnaise dressing. Press together in pairs with a crisp lettuce leaf between.

CHEESE AND RYE BREAD SANDWICHES

1 cup cream cheese $\frac{1}{4}$ cup of stuffed olives,
Rye bread chopped nuts, olives, pimientos
or mayonnaise

Spread the bread with creamed fresh butter, add a layer of cream cheese mixed with stuffed olives, chopped nuts, olives, pimientos, or mayonnaise.

CHICKEN SANDWICHES—No. 1

- | | |
|--|------------------|
| 2 egg-yolks | 1 cup chicken |
| 1 teaspoon melted butter or
butter substitute | Salt |
| 1 teaspoon lemon-juice | Pepper |
| | 1 teaspoon stock |

Cook the eggs thirty to forty-five minutes, in water just below boiling-point, take out the yolks, and mash as fine as possible. Add to these the melted butter or butter substitute and lemon-juice, the finely chopped chicken, salt, pepper and stock. Mix all well together. A paste will be the result and with this very delicate sandwiches may be made.

CHICKEN SANDWICHES—No. 2

- | | |
|--|-----------------------------|
| 1 cup of white meat of boiled
chicken | 6 tablespoons thick cream |
| 1 tablespoon gelatin | $\frac{1}{2}$ teaspoon salt |
| 1 tablespoon cold water | Dash of paprika |

Chop the chicken very fine and pound to a paste, adding salt and a dash of red pepper. Soak the gelatin in the cold water for fifteen minutes, and add the thick cream. Dissolve the gelatin over boiling water, beat it slowly into the chicken and add salt and paprika. Set aside to cool, smoothing into an even mass. When cool, divide into squares, cut these squares into very thin slices and arrange neatly on thin buttered slices of bread. Cover with buttered bread, and cut into fancy shapes, removing the crusts.

CHICKEN SANDWICHES—No. 3

- | | |
|--|-----------------------------------|
| $\frac{3}{4}$ cup cooked chicken meat | $\frac{1}{4}$ cup chopped almonds |
| $\frac{1}{4}$ cup chopped stuffed olives | $\frac{1}{4}$ cup mayonnaise |

Cut the chicken meat into small bits and add the almonds and olives. Moisten with mayonnaise, and spread on thin slices of buttered sandwich bread.

CHICKEN AND CELERY SANDWICHES

- | | |
|---------------------------------------|------------------------------|
| $\frac{1}{2}$ cup cooked chicken meat | 1 tablespoon green peppers |
| $\frac{1}{2}$ cup celery | $\frac{1}{4}$ cup mayonnaise |

Mince fine the chicken, celery and green peppers. Mix with mayonnaise and spread on buttered bread.

CHICKEN AND DILL SANDWICHES

On buttered slices of white bread, lay thin slices of the white meat of roasted chicken, and a thin layer of dill pickles. Cover with another piece of buttered bread. Cut into triangles and serve on lettuce leaves.

CHICKEN AND EGG SANDWICHES

1 cup cold cooked chicken	1 teaspoon lemon-juice
Yolks of two hard-cooked eggs	1 teaspoon melted butter or butter substitute
1 teaspoon rich stock	Pepper
Salt	

Pound the chicken to a paste, add the mashed yolks of hard-cooked eggs, the stock, lemon-juice, melted butter or butter substitute, salt and pepper. Mix well.

CHICKEN AND HAM SANDWICHES

1 cup cooked chicken meat	$\frac{1}{4}$ cup cooked ham
$\frac{1}{2}$ cup celery	Mayonnaise
Lettuce	

Mix chicken, ham and celery, all finely ground, and moisten with mayonnaise. Spread between lettuce leaves on thinly buttered toast.

CHICKEN-LIVER SANDWICHES

1 cup cooked chicken livers	1 tablespoon lemon-juice
2 tablespoons diced fat	2 tablespoons sliced truffles
Salt	4 drops tabasco sauce
Pepper	2 stalks celery, minced

Mash the chicken livers, add the diced fat, salt, pepper, tabasco sauce, lemon-juice and sliced truffles. Spread the bread with creamed butter or butter substitute mixed with minced celery.

CHICKEN AND MAYONNAISE SANDWICHES

1 cup chopped chicken	$\frac{1}{4}$ cup mayonnaise
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Chop the white or the dark meat of chicken very fine, mix with a mayonnaise and spread bread, buttered or unbuttered, with the paste.

CHICKEN AND TONGUE SANDWICHES

1 pint cold boiled chicken and tongue, mixed	1 egg-yolk
$\frac{1}{2}$ cup melted butter or but- ter substitute	Black pepper
	1 teaspoon Worcestershire sauce

To cold boiled tongue and chicken add the melted butter or butter substitute, the yolk of the egg, beaten, a little black pepper, and the Worcestershire sauce. Spread this over buttered bread.

PÂTÉ DE FOIE GRAS SANDWICHES—No. 1

Moisten pâté de foie gras with cream. Spread on lettuce leaves on white buttered sandwich bread and sprinkle with French dressing.

PÂTÉ DE FOIE GRAS SANDWICHES—No. 2

1 tablespoon pâté de foie gras	2 tablespoons butter or
$\frac{1}{4}$ cup boiled chestnuts	butter substitute

Mash the butter and chestnuts to a paste, add the pâté de foie gras and mix well. Spread very thin on slices of buttered bread.

TONGUE SANDWICHES

1 cup of chopped tongue or	Salt
$\frac{1}{2}$ pound in thin slices	Pepper
$\frac{1}{4}$ cup mayonnaise or	Cayenne
$\frac{1}{4}$ cup prepared mustard	

Tongue sandwiches may be made by either chopping the tongue or cutting it into thin slices. When the tongue is chopped, it should be pounded, as for chicken sandwiches, and seasoned highly.

HAM SANDWICHES—No. 1

1 cup ham	$\frac{1}{2}$ teaspoon mustard mixed
1 tablespoon olive oil	with $\frac{1}{4}$ teaspoon water
1 tablespoon lemon-juice	to a smooth paste
Pepper	

Chop the ham fine and season with olive oil, lemon-juice, a little pepper and mustard. Spread between thin slices of buttered bread. If preferred, the ham may be cut very thin, and spread with a little mustard.

HAM SANDWICHES—No. 2

1 hard-cooked egg	1 cup boiled ham
1 small spiced cucumber	$\frac{1}{4}$ cup mayonnaise
pickle	

Chop hard-cooked eggs, cucumber pickles and boiled ham and mix well. Moisten with mayonnaise, season to taste, and spread between thinly buttered slices of bread.

HAM AND ANCHOVY SANDWICHES

1¼ cup chopped ham
½ cup onion-juice

Few drops tabasco sauce
Anchovy paste

Add to the chopped meat, onion-juice, paprika, a few drops of tabasco sauce and a little anchovy paste mixed with creamed butter.

HAM AND EGG SANDWICHES

3 hard-cooked eggs
2 tablespoons cream
½ cup chopped ham

1 teaspoon mustard
Pinch of mace
Pinch of cloves

Mash the yolks of eggs in cream enough to make a paste, season with salt and pepper, and add an equal quantity of ham paste seasoned with mustard, mace and cloves.

HAM AND TOMATO SANDWICHES

1 cup minced ham
1 teaspoon parsley
Cayenne pepper
Pinch of mace
Few drops lemon-juice

¼ cup butter or butter
substitute
Garlic or onion-juice
2 sliced tomatoes
Mayonnaise

To minced ham, add parsley, cayenne, mace, lemon-juice and creamed butter or butter substitute. Rub the bowl with garlic or add a little onion-juice.

Spread rounds of buttered bread with the mixture and between each two rounds place a slice of ripe tomato spread with thick mayonnaise.

COLD ROAST-BEEF SANDWICHES

1¼ cup cold roast beef
1 teaspoon salt
½ tablespoon tomato cat-
chup

½ teaspoon Worcestershire
sauce
1 tablespoon melted butter
or butter substitute

To finely chopped cold roast beef add the salt, tomato catchup, Worcestershire sauce, and the melted butter or butter substitute. Spread on buttered bread, cover with a second slice and cut into fancy shapes.

LIVER AND BACON SANDWICHES

½ cup chopped bacon
¼ cup cream

½ cup mashed liver
Salt and pepper

Mix chopped bacon and mashed liver, season with pepper and salt, and mix with cream. Decorate the plate with a border of lemon slices and hard-boiled eggs cut into halves lengthwise, with a sprig of cress or parsley on each.

MUTTON SANDWICHES

1¼ cup cold mutton	1 teaspoon chopped mint
1 teaspoon salt	Dash of pepper
1 tablespoon capers	1 tablespoon lemon-juice

Chop cold mutton very fine, add salt, capers, chopped mint, pepper and lemon-juice. Spread this thickly over slices of buttered whole-wheat bread. Cover each slice with another slice, and serve on a bed of lettuce leaves.

VEAL SANDWICHES

1¼ cup chopped veal	1 tablespoon lemon-juice
1 teaspoon salt	Pepper
Mustard	

Chop the veal, and season with salt, lemon-juice and a little pepper and made mustard. Spread mixture between thin buttered slices of bread.

VARIATIONS FOR MEAT SANDWICHES

With corned beef or ham use a bit of mustard, with roast beef or tongue use Worcestershire or horseradish sauce. Chopped capers, tomato sauce, catchup or cold mint sauce are appropriate with lamb, and celery salt with veal. Onion-juice or finely chopped parsley adds a zest to any kind of fish or meat sandwiches.

FISH SANDWICHES

Anchovies, sardines, or freshly boiled fish may be used for sandwiches. These are better pounded to a paste, with a few drops of lemon-juice added during the pounding. Fresh white fish, like cod, may be seasoned with salt and pepper, moistened with a little mayonnaise or even a plain white sauce, and then put between two layers of buttered white bread.

FLAKED FISH SANDWICHES

1 cup flaked fish	¼ cup thick mayonnaise
2 tablespoons chopped celery	1 tablespoon Worcestershire
2 tablespoons chopped cucumber pickles, either	sauce or catchup, if desired
sweet or sour	Salt
	Pepper

Delicious and appetizing sandwiches are made by mixing the ingredients given. Season to taste with salt and pepper and spread between thin slices of buttered bread.

CRAB SANDWICHES

1¼ cup crab meat

¼ cup French dressing

Cut and butter thin slices of whole-wheat bread. Cover half of these thickly with flaked boiled crab meat* and put over it one teaspoon of French dressing or mayonnaise. Cover each slice with another slice of bread. Cut into fancy shapes and serve.

LOBSTER SANDWICHES

Dice the meat of one cold, boiled lobster*. One hour before using, dust with salt, red pepper and either lemon-juice or tarragon vinegar. Boston brown bread may be used. Near serving time put a layer of lobster between slices of buttered bread, cut in triangles and serve.

OYSTER SANDWICHES

Use oysters* with count of 200 selects to gallon. Place two or three fried oysters between two buttered slices of brown or white bread. They may be sprinkled with pepper, salt, horseradish, lemon-juice, tabasco, Worcestershire, or watercress, according to taste.

SALMON SANDWICHES

1 cup salmon

¼ cup mayonnaise

Mix the cold boiled or canned salmon with mayonnaise dressing. Remove the soft crum from French rolls and fill the space thus made with fish mixture.

SARDINE SANDWICHES

1 cup fish

1 hard-cooked egg

¼ cup mayonnaise or a little
Worcestershire sauce

Drain the oil from the fish and throw them into boiling water. Dry them, remove the skins and pound them to paste with a little salt, pepper and lemon-juice. Shrimp butter may be used with the sardines and the flavor may be varied by the addition of Worcestershire sauce or mayonnaise, or both. The mashed yolks of hard-cooked eggs (one egg to twelve sardines) and three parts of creamed butter to one of the fish mixture is very good.

*Directions for cleaning and preparing shellfish are given on other pages of this book—consult Index.

ANCHOVY SANDWICHES

$\frac{1}{2}$ cup chopped anchovies $\frac{1}{4}$ cup cream or butter $\frac{1}{2}$ cup olives

Chop the anchovies and olives, and add butter or cream. Anchovy paste may be used.

CAVIAR SANDWICHES

$1\frac{1}{4}$ cup caviar 2 teaspoons lemon-juice

Flavor caviar with lemon-juice and spread thinly on lightly buttered bread. A small quantity of chopped pickled beets may be added.

SHAD-ROE SANDWICHES

1 shad roe	3 drops tabasco sauce
Yolks of 3 hard-cooked eggs	1 teaspoon anchovy paste
Butter	Salt
$\frac{1}{2}$ teaspoon paprika	

Cook and mash the roe with the yolks of the hard-cooked eggs. (Directions for preparing shad roe are given in the chapter on "Fish"—see Index.) Add an equal amount of creamed butter, the paprika, tabasco sauce, anchovy paste, and salt to taste. Spread between thin slices of buttered bread. Slices of lemon, peeled and salted, may be put between rounds of buttered bread and passed with the shad-roe sandwiches.

SHAD-ROE CAVIAR CLUB SANDWICHES

1 cup shad-roe caviar	$\frac{1}{4}$ cup olives
$\frac{3}{4}$ cup minced ham	$\frac{1}{4}$ cup mayonnaise

Cut three thin slices of white bread. Spread one with shad-roe caviar. Spread another with mayonnaise and sprinkle thickly with minced ham and olives. Butter the remaining slice of bread, then place the slice spread with mayonnaise over the slice spread with the caviar. Put a crisp lettuce leaf on top of each and cover with the plain buttered slice of bread. This makes a sandwich of three layers.

CUCUMBER SANDWICHES—No. 1

Soak thin slices of cucumber for one hour in good white vinegar seasoned with salt and pepper, then lay them between thin, buttered slices of brown or white bread. Each sandwich may be the size of a cucumber slice, if daintiness is desired. Lettuce and mayonnaise are an attractive addition.

CUCUMBER SANDWICHES—No. 2

Peel one cucumber, slice very thin, marinate in French dressing for one-half hour; add one teaspoon of chopped chives. Spread thin slices of entire-wheat bread with paprika butter, made by rubbing one teaspoon of paprika in two tablespoons of creamed butter. Then place a layer of cucumber slices, cover with buttered bread and cut in desired shape. As a variation, for sandwiches to be served immediately, the cucumbers may be chopped fine and mixed with mayonnaise dressing.

ONION SANDWICHES

Pour salted water over thin slices of onion (or chopped onion) and let it stand for a time to extract the very strong flavor. Then spread the onion between buttered slices of bread, seasoning with pepper, salt, and a little mustard if desired. Or the chopped onion may be mixed with mayonnaise dressing.

PIMIENTO SANDWICHES

$\frac{3}{4}$ cup pimiento	1 tablespoon lemon-juice
Butter	$\frac{1}{2}$ teaspoon tabasco sauce
$\frac{1}{4}$ cup anchovy paste	

Rub pimientos to a paste with creamed butter and season with tabasco sauce, lemon-juice, anchovy paste and salt. Spread between thin slices of buttered whole-wheat bread.

RADISH SANDWICHES

$\frac{1}{2}$ cup potted ham	$\frac{1}{2}$ cup sliced radishes
$\frac{1}{4}$ to $\frac{1}{2}$ cup mayonnaise	

Peel and slice radishes, dip them in rich, thick mayonnaise, and lay on thin slices of bread covered with potted ham.

TOMATO SANDWICHES

4 tomatoes	10 lettuce leaves	$\frac{1}{4}$ to $\frac{1}{2}$ cup mayonnaise
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Spread thinly buttered bread with mayonnaise, cover with a crisp lettuce leaf and spread with thinly sliced peeled, chilled tomatoes. Cover with a second slice of bread and cut into desired shape. Crisp bacon is a pleasing addition.

WATERCRESS SANDWICHES

$1\frac{1}{4}$ cup cress	2 tablespoons lemon-juice or $\frac{1}{4}$ cup mayonnaise
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Sprinkle cress with salt, paprika, and lemon-juice, or mix with mayonnaise. Lay between slices of brown bread.

WHIPPED-CREAM SANDWICHES

$\frac{1}{2}$ cup cream
Powdered sugar

$\frac{1}{2}$ cup chopped nuts
Vanilla

Whip cream very stiff. Add sugar to make it quite sweet, few drops of vanilla, and chopped nuts. Spread between very thin slices of buttered bread, and serve at once. Whipped cream mixed with pounded nut-meats, spread on buttered bread with candied fruits added, is delicious.

MARSHMALLOW SANDWICHES

$\frac{3}{4}$ cup diced marshmallows
 $\frac{1}{4}$ cup orange-juice
 $\frac{1}{4}$ cup chopped almonds

$\frac{1}{4}$ cup chopped candied
pineapple

Cut marshmallows into small pieces and soak for a few hours in enough orange-juice to moisten them. Mix with chopped candied pineapple and chopped almonds. Spread between buttered slices of Boston brown bread.

FIG SANDWICHES IN ROLLS

$1\frac{1}{4}$ cup chopped figs 2 teaspoons lemon-juice or ginger sirup

Chop figs very fine and rub to a paste. Add lemon-juice or ginger sirup. Butter thin slices of either white or brown bread, remove the crusts, spread with the fig paste and roll the bread carefully.

EGG SANDWICHES—No. 1

5 hard-cooked eggs (averaging 2 sandwiches for each egg)

These are good for lunches, for traveling, or picnics. Slice the eggs and lay them between thin buttered slices of bread, seasoning with salt, pepper and paprika.

EGG SANDWICHES—No. 2

1 cup hard-cooked eggs
(approximately 5)

$\frac{1}{4}$ to $\frac{1}{2}$ cup mayonnaise
Chopped capers or pickles

To chopped hard-cooked eggs add salt, pepper and mayonnaise mixed with chopped capers or pickles.

CLUB SANDWICHES*For each serving*

3 slices toast	Crisped bacon
Mayonnaise	Tomato slices or
$\frac{1}{8}$ to $\frac{1}{4}$ breast of chicken	onion slices
Lettuce	Pickle or olives

For each sandwich remove the crust from three slices of toasted bread, buttered while hot. Spread the under slice with a thin layer of mayonnaise dressing. On this lay two small white lettuce leaves, allowing them to project beyond the edge of the toast. On the lettuce lay thin slices of breast of chicken spread with mayonnaise. Cover with the second slice of toast, spread with mayonnaise and cover with slices of crisp bacon. A slice of tomato or onion may be placed over the bacon. Place the third slice of toast on this and garnish with pickles or olives. Serve while the toast and bacon are hot.

TUNAFISH SANDWICHES*For each serving*

2 slices buttered toast	Tunafish
Mayonnaise	Crisped bacon
Lettuce	Salt and pepper
Lemon-juice	Pickles

Toast and butter while hot two slices of bread for each sandwich. Spread one slice with mayonnaise, on this lay a crisp lettuce leaf, and a layer of fish seasoned with salt, pepper and lemon-juice. Add a second lettuce leaf, more mayonnaise and a slice of crisp bacon. Cover with a second slice of toast and serve before the toast has time to cool. Garnish with thin strips of pickle.

TOASTED CHICKEN AND TONGUE SANDWICHES

Spread hot toasted slices of bread with butter or butter substitute. Cover with thin slices of both the white meat of chicken and cold tongue. Serve warm.

TOASTED CHEESE AND BACON SANDWICHES

Cut thin slices of two-day-old white bread. Place on each piece a half-inch slice of cheese, and a thin slice of bacon. Place in a moderate oven until the cheese melts and the bacon is crisp. Cover with a second slice, and toast on both sides. Serve at once with sweet pickles.

TOASTED CHEESE SANDWICHES

Between two slices of medium thick bread, lay slices of cheese cut about one-eighth inch thick. Place in oven until cheese begins to melt. Then toast on both sides and serve hot. Or mash a soft cheddar cheese with cream. Spread this as a filling and toast the sandwich.

MISCELLANEOUS SANDWICHES AND SANDWICH FILLINGS

1. Raisins worked into Neufchatel cheese.
2. Chopped raisins, figs, dates or prunes, and nut-meats moistened with mayonnaise dressing or lemon-juice.
3. The well-whipped white of an egg mixed with a cup each of chopped raisins and nut-meats, seasoned with a little salt.
4. Peanut butter moistened with salad dressing and mixed with raisins, dates, figs or bananas.
5. Equal parts olives, peanut butter, celery, mixed with a little salad dressing.
6. Peanut butter mixed with chopped dill, sweet or sour pickles.
7. Cream cheese and chopped stuffed olives.
8. Chopped stuffed olives and chopped nuts, moistened with salad dressing.
9. Cream cheese and shredded pineapple between very thin slices of bread.
10. Tunafish mixed with parsley, lemon-juice, seasoning and a bit of onion.
11. Cream cheese and chopped nuts.
12. Ground boiled ham and chopped pickles or chopped peanuts.
13. Cottage cheese and pickles, olives, nuts or pimientos.
14. Currant jam with pounded walnut meats and creamed butter. Pass with cream cheese. Preserved currants may be substituted in this combination.
15. Boston brown bread with cream cheese or mayonnaise and chopped nuts and raisins.
16. Rounds of brown bread spread with chopped olives, minced lettuce and watercress, tarragon, paprika, parsley and chives mixed with mayonnaise.
17. Pimientos, cucumbers and onion or chives, minced, mixed with mayonnaise and spread on buttered entire-wheat bread.
18. Green pepper, pimiento and olives with mayonnaise.
19. Boston brown bread with minced corned beef seasoned with mustard and rubbed to a paste.
20. Cream cheese used with chopped parsley, pimientos and mayonnaise, chopped nuts, sliced sugared bananas, chopped pineapples, chopped or sliced olives, shredded sliced apples. The cheese may be rubbed with butter or the creamed butter may be spread on the bread.

APPETIZERS

Although strict convention in England and America at one time decreed that the formal dinner should begin with soup, that custom is no longer binding even in the most formal household. Other dishes to introduce the dinner have crept in and because of their savory qualities have found ready and general acceptance; appetizers, they are usually called. Sometimes they are referred to as relishes and *hors d'œuvres*, because they are often a glorified edition of the old side dish now given a conspicuous place as a separate course by itself.

The appetizer must be made from foods that have distinct, piquant flavor and appetite-whetting qualities. Pickled and salted foods, olives and pickles, vinegar and fruit acids, peppers, pepper and paprika play a conspicuous part in their manufacture. Raw oysters and clams, grapefruit, melons and fruit cocktails, canapés (fried bread) and small sandwiches spread with mixtures of sardines, anchovies and caviar or lobster and crabmeat, pâté de foie gras, cheese, olives or other mixtures of high flavor, deviled eggs, small succulent salads, may all be included without prejudice in the list of appetizers. In parts of the United States, the dinner is always begun with the salad as the appetizer.

The appetizer should always be on the table when the meal is announced. A single portion is served to each person, and the portions should be small, as the purpose of this course is to whet but not to satisfy the appetite. The following recipes are by no means inclusive of all the dishes that can serve as the introductory course. The imaginative hostess may permit her fancies to soar untrammelled and may set before her guests very racy, interesting bits of food involving unusual combinations of savory things.

SHELL FISH

Oysters or clams on the half-shell, oyster, clam, lobster or cran cocktails may be used as the appetizer. The recipes are given in the chapter on "Fish."

PREPARED BREAD FOR CANAPÉS

Canapés are made from stale white bread, cut in quarter-inch slices and then shaped with a cutter into circles or rings two and one-half or three inches in diameter or cut into squares, strips, triangles or other fancy shapes. These portions of bread are then either fried in deep fat and drained on absorbent paper or sautéed in just enough butter or other fat to keep them from burning; or they may be toasted

or set in the oven until they turn a delicate brown. When finished they should be nicely browned on both sides. They are then ready to be covered with the mixture preferred.

ANCHOVY CANAPÉS

6 portions prepared bread	3 teaspoons lemon-juice
3 tablespoons anchovy paste	2 hard-cooked eggs
Garnish of whole anchovies (may be omitted)	

Anchovies are small fish which are salted and preserved. Anchovy paste, which comes in tubes, jars or bottles, may be utilized, or whole anchovies may be reduced to a smooth paste with a wooden spoon. Season with lemon-juice and spread the paste on the prepared pieces of bread. Split two anchovies lengthwise and lay them diagonally across the canapé, marking the point where they cross by a little pyramid of iced yolk of hard-cooked eggs. Petal-shaped pieces of the hard-cooked white may radiate from this center pyramid. The anchovies may be omitted in the decoration. A large anchovy curved around a circle of hard-cooked egg in the center of a canapé is also effective.

SARDINE CANAPÉS

6 portions prepared bread	Worcestershire sauce
6 large sardines	Pickled beets
Juice of 1 lemon	6 large olives
Salt	24 thin slices lemon

Remove skin and backbone. Flake the sardines with a fork and season with lemon-juice, salt and a few drops of Worcestershire sauce. Spread the prepared bread with this mixture and decorate by placing in the center of each canapé a small circle of pickled beet. Cut a slice from the end of a large olive so that it will stand firmly and place this in the center of the beet. A narrow border of finely chopped beet may be placed around the edge of the canapé with good effect. Garnish the plate with four thin slices of lemon placed symmetrically.

CAVIAR CANAPÉS

6 portions prepared bread	3 tablespoons white onion
3 tablespoons caviar	chopped fine
Garnish of green pepper or hard-cooked egg	

Caviar, which is the salted roe of the sturgeon, is highly esteemed by epicures as an appetizer. It is usually served with finely chopped

Unless otherwise specified, the recipes in this chapter are based on the service of six persons. In cooking for fewer or more, decrease or increase the quantities given.

raw onion and decorated with hard-cooked egg and finely chopped pickles. A favorite arrangement is to have an oblong canapé two by four inches, one-half covered with the minced raw onion and the other half with the caviar. The striking difference in the colors is very effective. A sliver of green pepper may lie just where the two mixtures meet and little points of the green pepper extend out on each side, or a circle of the white of hard-cooked egg may decorate the center of the half covered with caviar and a little mound of the riced yolk ornament the section covered by the chopped onion.

LOBSTER CANAPÉS

6 portions prepared bread	Salt
6 tablespoons lobster meat	Pepper
chopped fine	Red pepper
4 tablespoons cream	6 slices of lemon
Garnish of chopped olives, lobster coral and claws	

Moisten chopped lobster meat* with cream in order to make a paste, and season. Spread on the fried bread and decorate with chopped olives and lobster coral which has been forced through a sieve. Four small lobster claws may project from under the canapé if more ornamentation is desired. A slice of lemon may be placed over each portion.

Crab meat, shrimps or any smoked or canned fish, highly seasoned and prettily decorated, may be utilized for canapés instead of the lobster meat.

CHEESE AND OLIVE CANAPÉS

6 portions prepared bread	Garnish of red pepper or
3 tablespoons cream cheese	pickled beet
Olives stuffed with pimientos	

Spread on the prepared bread a paste made by mixing equal proportions of cream cheese and chopped stuffed olives. Garnish with a quarter-inch border of the chopped olives and a star of red pepper or pickled beet in the center of each.

PÂTÉ DE FOIE GRAS CANAPÉS

6 portions prepared bread	$\frac{1}{4}$ cup cream
3 tablespoons pâté de foie	Cayenne pepper
gras paste or	Salt
2 fowls' livers	

*Directions for cleaning and preparing shellfish are given on other pages of this book—consult the Index.

Add the cream and seasoning to the paste. (If fowls' livers are used, mash the livers to a paste.) Mash through a fine sieve and spread on portions of fried bread. Garnish with parsley or decorate in any way desired.

GRAPEFRUIT ON THE HALF SHELL

3 grapefruit

Sugar

Cut grapefruit in halves. With a pair of sharp shears cut a circular piece from the center of each half of grapefruit, being careful not to cut through the skin. This is best accomplished by cutting each piece of fiber first and then slipping the shears under the center and cutting through the tough center and lifting it out. Then, with a sharp knife separate each section of grapefruit from the membrane and skin. Sprinkle with sugar and set in the ice-box to chill. The edges of the grapefruit skin may be pinked if desired. The pieces of membrane between the sections of fruit may be cut away and removed, leaving the shell filled with only edible portions of the fruit. In any case, each mouthful of grapefruit should be detached from the shell.

Grapefruit may be served without ice or in special grapefruit glasses embedded in ice.

ORANGE-AND-GRAPEFRUIT COCKTAIL

1 cup diced grapefruit pulp

Sugar

1 cup diced orange pulp

Lemon-juice or grape-juice

Maraschino cherries or preserved pineapple

Mix orange and grapefruit pulp. Sprinkle with sugar and a little lemon-juice or grape-juice. Place on ice until thoroughly chilled. Have glasses chilled so that the whole, when served, may be very cold. At the last moment fill the glasses with the fruit mixture, garnishing with candied or Maraschino cherries or preserved pineapple.

GRAPEFRUIT-AND-STRAWBERRY COCKTAIL

3 grapefruit

Sugar

½ box, or 1 pint, strawberries

Cut grapefruit in half and carefully remove the pulp, leaving the inner white skin as lining. Place these shells in cold water to keep firm. Mix grapefruit pulp and strawberries, sprinkle with sugar. At serving time, fill the shells with the mixture, placing large, handsome berries on top as decoration. The mixed fruit remaining after the shells have been filled may be served at breakfast, in glasses or sauce dishes, or used as a sauce for pudding or ice-cream.

STRAWBERRY-AND-PINEAPPLE COCKTAIL

1 cup orange-juice
 $\frac{1}{3}$ cup lemon-juice
 1 cup diced pineapple

Sugar
 1 cup strawberries

Combine the orange and lemon-juice sweetened to taste, keeping the mixture rather tart. Place on ice. Wash and drain the strawberries and hull them. At serving time cut the berries into halves (except six large ones), mix them with the pineapple, place in glasses and cover with the fruit-juice. One large, perfect berry set on a tiny circle of pineapple may decorate the top of each cocktail.

ORANGE MINT COCKTAIL

6 small, rather sour oranges
 Powdered sugar
 Fresh mint
 3 tablespoons pineapple-juice

3 tablespoons lemon-juice
 (2 tablespoons sugar may
 be used instead of the
 pineapple-juice)

Separate the orange into sections and remove the thin skin with a pair of scissors. Chill thoroughly, place in glasses, sprinkle with powdered sugar and add the sirup made of the pineapple and lemon-juice. Sprinkle with chopped mint and garnish with an upright sprig of mint in the center of the glass.

WATERMELON COCKTAIL

2 cups watermelon balls
 Fresh mint

Powdered sugar
 2 tablespoons lemon-juice
 (Lemon juice and sugar may be omitted)

With a vegetable-cutter prepare small balls of bright pink watermelon. Sprinkle lightly with sugar and add lemon-juice. Chill thoroughly. Fill glasses. Garnish with sprigs of fresh mint. A pretty fancy is to moisten the edge of each cocktail glass before filling. Invert the glass in finely chopped mint. This will leave a line of green adhering to the edge of the glass. The glass may be lined with sprigs of mint before the watermelon is put in.

CHERRY COCKTAIL

1 pound cherries
 $\frac{1}{2}$ cup chopped almonds
 3 teaspoons lemon-juice

6 tablespoons strawberry-juice
 6 tablespoons powdered sugar

Pit the cherries, sprinkle with chopped almonds and pour over them a sirup made by mixing strawberry-juice with powdered sugar and

lemon-juice. Chill and serve ice-cold in cocktail glasses. Decorate the plate with two or three whole cherries and a leaf or two.

MIXED FRUIT COCKTAIL

6 large oranges

1 banana

2 slices pineapple

Juice of 1 lemon

Sugar

Slice off the tops of the oranges and scoop out the inside, being careful not to break the inside white skin of the orange-peel. Put the orange cups in a bowl of ice-water. Cut in small pieces the banana and pineapple, mix these with the orange pulp cut in small pieces and the lemon-juice, sweeten to taste, and then fill the orange shells. Set each one in a small bowl, filled with crushed ice. The mixed fruit pulp that remains after the orange skins have been filled may be kept in the refrigerator and served as sauce with ice-cream or used in any other way that circumstances suggest.

Fruit cocktails may be made from mixtures of almost any fruits, canned or fresh. As a rule, combinations of a sweet and a sour fruit are most pleasant in flavor.

SOUPS

Soups may be roughly divided into two groups. In the first group belong the soups that are always made from meat stock. These are the various modifications of brown and white stocks, bouillons, consommés and broths. In the second group belong the soups that may be made either with or without meat stock. These are the various modifications of cream soups, purées and bisques, of chowders and stews and of vegetable soups.

The purpose of soup in the meal is two-fold; first, to improve digestion and stimulate appetite by introducing at the beginning of the meal a highly flavored liquid food which increases the flow of digestive juices; second, to increase the variety of nutrients in the meal, or even to furnish the body of the meal. Stock soups are chiefly valuable for the first purpose. Cream soups, purées, bisques, chowders and stews are more valuable for the latter purpose.

A heavy meal should begin with a stock soup, not with one of the cream variety; a light meal may well begin with one of the latter:

STOCKS

Stock is obtained by cooking meat and small amounts of spices, herbs, and vegetables in water slowly and for a long time, to extract from them all possible flavor. Stocks vary in flavor and color according to the varieties of meat and seasonings used in making them, and the methods whereby they are prepared. Brown stocks are made from dark-colored meats and part of the meat is browned to increase the color and flavor. White stocks are made from light-colored meats.

Delicate brown stock or bouillon is made from lean beef, with some fat but without bone, and it is lightly seasoned with spices, herbs and vegetables. A part of the meat is browned. This is the best brown stock to use for clear soups, as a soup made from meat alone is easier to clear than one made from meat and bone. Bouillons are always served clear.

Rich brown stock is made from a combination of lean beef, fat and bone, and is well seasoned with spices, herbs, and vegetables. A part of the meat is browned. This stock is difficult to clarify, therefore it is better to use it for soups that are not to be served clear.

White stock is made from chicken or veal or a combination of the two, and is delicately seasoned with spices, herbs, and vegetables. A very small amount of beef is sometimes used. None of the meat is browned, as the object is to preserve both delicacy of color and flavor. Chicken stock is often served unclarified under the name of chicken broth.

Consommé or mixed stock is made from a combination of two or three meats, usually beef and chicken or beef and veal, and it is lightly seasoned with spices, herbs and vegetables. Part of the meat is browned. Like bouillon, consommés are always served clear. They are more delicate in flavor and color than bouillons.

Lamb or mutton stock or broth is made from either lamb or mutton, using both meat and bone and rejecting a large part of the fat because of its flavor. It is well seasoned with spices, herbs, and vegetables, and a part of the meat may be browned. It is usually called broth, and is the basis of the Scotch broths.

Fish stock is not used frequently, except in connection with chowders or fish purées and bisques, and occasionally in special soups. It is made in the same way as other meat stocks and is delicately flavored with spices, herbs, and vegetables. As its keeping qualities are poor, it should be made as needed and should not be kept on hand.

Materials for Stocks and Soups

Utensils—A good sharp carving-knife to cut meat into cubes. A board to cut it on. A cleaver or hatchet or some utensil for cracking bones. A paring-knife for vegetables. A large covered kettle in which to cook the soup mixture. A strainer and several thicknesses of cheese-cloth. A large bowl into which to strain the cooked soup.

Meat—Two or three pounds of meat or meat and bone for each finished quart of stock. Any kind of meat except smoked or pickled meats may be used. Small amounts of ham or bacon or a ham bone may be used for flavoring. Cheap cuts of meat are best for soup, as they are juiciest.

Bone—Two-thirds meat to one-third bone. The proportion of bone to meat should not be too great, as most of the flavor of the soup comes from the meat. Bone tends to make a cloudy stock.

Left-overs—When the family is of fair size, if moderate amounts of meat are used in the daily meals, there is usually enough scraggy meat and bone from roasts, chops and steaks and pieces left over from carving to furnish a moderate supply of soup for the family use without buying any or much meat especially for soup. An excellent rich brown stock may be made from both meat and vegetable left-overs. The stock-pot should be in frequent use to salvage material often wasted otherwise.

Fat—Some fat with the meat is desirable in stock-making. Fat from the shin bone or other marrow fat is particularly good because of its delicate flavor. Mutton fat should be avoided because it may impart a strong and to many a disagreeable flavor to stock. The cake of fat which forms on the stock made with some fat is a protection against spoilage.

Spices, herbs and condiments—To a quart of finished stock, use:

2 to 4 peppercorns	1 teaspoon sweet herbs or a
1 to 2 cloves	small sprig of marjoram and
A sprig parsley	a small sprig of thyme
1 teaspoon salt	1 bay-leaf
	1 blade mace } if liked

Herbs, spices, and condiments must be used with discretion, since they are meant to contribute to flavor but not to dominate it. This is particularly true of mace and bay-leaves. Sweet herbs may be bought dried and ground and put up in small inexpensive packages.

Vegetables—To one quart of finished stock, use:

$\frac{1}{2}$ to 1 tablespoon carrots, celery, onions, and turnips if desired.

Left-over vegetables may be used for the family stock-pot and may be materially increased over the amounts suggested.

Method of Making Soup Stock

Cut meat in small pieces and saw or crack bone. This is done to increase the surface exposed to the action of hot water.

Brown from one-fourth to one-half the meat for brown stocks and consommés. This gives added color and improves flavor.

Soak the meat and bone in cold water for thirty minutes or more before cooking. This helps to extract the juices of the meat.

Heat gradually to the simmering-point (100° to 210° Fahrenheit). If stock is to be used for bouillon or consommé or any clear soup, skim at this time. Continue to simmer for three or four hours to insure as complete extraction as possible of the juices and flavor of meat. If the mixture boils, it is not so fine in flavor.

Add the spices, herbs, and vegetables, and continue simmering from one-half hour to one hour. The seasonings are added at this time rather than earlier to prevent the disagreeable flavor of over-cooked vegetables.

Strain the soup into a large bowl or other container. If the stock is to be used for clear soups, place several thicknesses of cheese-cloth over the strainer before pouring the mixture through it.

Cool the stock quickly, as quick cooling improves the keeping quality of the soup. Soup should, if possible, always be allowed to become thoroughly cold before being used, since the fat hardens and collects in a cake on top and can be removed easily. Do not remove fat from the top of soup stock until the stock is to be used. It protects the stock against spoilage.

Keep stock in a cold place, as it spoils quickly if it is not kept chilled. Spoiled stock, like spoiled meat, is dangerous food.

When ready to use stock, loosen fat around the edges with the thin blade of a knife. Remove the cake of fat. If the stock is jellied,

wipe off the remaining small pieces of fat and the edge of the bowl with a cloth wrung out in hot water. If the stock is very soft or liquid, pass small sheets of absorbent paper over the top of the stock.

When stock must be used before cooling, skim off all the fat possible. Most of the remainder of the fat may be removed in one of two ways. The first way is to pass over the top small sheets of absorbent paper or blotting-paper. The second way is to cool the soup as much as possible beforehand, then to wrap a piece of ice in a cloth and let it down into the stock just below the surface of the liquid. Move the ice around just below the surface so that the fat on the surface is suddenly chilled, and it will gather on the cloth around the ice. This must be done quickly to prevent unnecessary dilution of the stock.

For clear soups, take the stock from the top of the bowl, being careful to avoid any sediment which may have escaped through the sieve and settled to the bottom of the bowl. This sediment is valuable as a food and should be reserved for gravies or soups which are not necessarily clear. Clarify this stock if a translucent, sparkling soup is desired.

To clarify soup—Allow one egg-white and shell to one quart of stock. Crush the shell into small pieces and mix with the slightly beaten egg-white. Heat the stock just enough to liquefy it, if it is jellied. Thoroughly stir the egg-white and shell into the stock. Heat to the boiling-point, stirring constantly, then boil without stirring two to five minutes. Add a cup of cold water and set on back of stove to settle. Strain through two thicknesses of cheese-cloth. The purpose of egg in clarifying soup is the same as in coffee. The coagulated egg gathers around itself the particles of solid substance in the soup, which otherwise would be fine enough to pass through a strainer.

Important Notes About Stock

1. Never add one morsel of tainted food to the stock-pot.
2. Remember that stock sours quickly unless it is carefully looked after.
3. Do not make stock in too great a quantity. It is better to make it two or three times a week, especially in hot weather, than to have to throw out a quantity that has soured.
4. If stock is left unused for more than two days, put it on the stove and boil up for a few minutes. Then cool and set away again. The boiling will sterilize it and make it keep for another day or two.
5. Be sure that the stock-pot is thoroughly washed and aired after use.
6. Keep the pot closely covered while simmering. The liquid will evaporate if exposed to the air.
7. When stock is too weak to be palatable, it may be improved by adding a beef cube, a spoonful of any good extract of beef, or a small

can of soup. When there is no stock on hand for a sauce or gravy, any of these preparations will make an acceptable substitute.

8. If a fireless cooker is available, or a gas or electric oven which is insulated so as to retain the heat for several hours, the soup-pot may be removed from the flame after an hour and allowed to simmer in the fireless cooker or oven.

PROPORTIONS FOR ONE QUART STANDARD STOCK

One Quart Standard Delicate Brown Stock or Bouillon

2 pounds lean beef	$\frac{1}{2}$ teaspoon sweet herbs
$1\frac{1}{4}$ quart cold water	Small sprig parsley
2 peppercorns	$\frac{1}{2}$ tablespoon each chopped
1 clove	carrot, onion, celery
1 teaspoon salt	

One Quart Standard Rich Brown Stock

2 pounds beef ($\frac{1}{4}$ to $\frac{1}{2}$ bone)	1 teaspoon sweet herbs.
$1\frac{1}{4}$ quart cold water	Sprig parsley
4 to 6 peppercorns	1 tablespoon each carrot, onion,
2 cloves	celery, turnip if liked
1 bay-leaf	1 teaspoon salt
1 blade mace } if liked	

One Quart Standard Mutton or Lamb Stock or Broth

Use the same proportions as for standard rich brown stock, using mutton or lamb instead of beef, and removing most of the fat from the meat.

One Quart Standard White Stock

2 pounds chicken or knuckle of veal	$\frac{1}{2}$ teaspoon sweet herbs
$1\frac{1}{4}$ quart cold water	Small sprig parsley
2 peppercorns	1 tablespoon each onion, celery
1 clove	1 teaspoon salt

The liquid in which a fowl or chicken is cooked is also a white stock or chicken broth.

One Quart Standard Stock With Chicken

1 chicken	1 quart water
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Clean and truss a fowl, put it breast down in as small a stew-pan as will hold it, pour over it the cold water and heat it slowly to the

boiling-point. Let it simmer until the fowl is tender, skimming off all the scum; then take up the fowl and set it away to cool and to be used for other purposes. Strain the stock and increase with added water to one quart.

One Quart Standard Consommé

1 pound lean beef	1 clove
1 pound veal	$\frac{1}{2}$ teaspoon sweet herbs
$1\frac{1}{4}$ quart cold water or	Sprig parsley
1 pint cold water and	1 tablespoon each celery,
1 pint chicken stock	carrot, onion
2 peppercorns	1 teaspoon salt

One Quart Standard Fish Stock

2 pounds white fish or	Sprig parsley
2 pounds head and trimmings	1 bay-leaf
$1\frac{1}{4}$ quart cold water	1 tablespoon each carrot,
2 peppercorns	celery, onion
1 clove	

Fish stock needs to be cooked for only half the time required for other stock.

Instead of standard stock, any of the concentrated meat preparations on the market may be used as a basis for soups.

SOUP STOCK FROM LEFT-OVERS

2 pounds left-over meat,	Sprig parsley
scraps and bones	$\frac{1}{2}$ bay-leaf
$1\frac{1}{4}$ quart water or more if	1 teaspoon sweet herbs
needed	Vegetables, such as outer leaves
4 to 6 peppercorns	of lettuce and celery tops
2 cloves	

After the stock is made, left-over vegetables, cereals, hard-cooked eggs, small pieces of meat and the like may be chopped and served in the stock.

VEGETABLE SOUP

1 quart brown stock, cleared	1 cup diced vegetables,
or not cleared	raw or cooked
Salt	Pepper

Unless otherwise specified, the recipes in this chapter are based on the service of six persons. In cooking for fewer or more, decrease or increase the quantities given.

If a clear soup is desired, follow the directions for clarifying soup stock and then add the vegetables. If the vegetables are already cooked, the soup needs to be boiled for only a few minutes. When raw vegetables are added, simmer until the vegetables are all tender, adding boiling water, if necessary, to replace any that may have evaporated. Season and serve.

SAGO, RICE, OR BARLEY SOUP

1 quart brown or white stock, cleared or not cleared	2 tablespoons sago, rice, or barley
Salt and pepper	

Soak sago one-half hour in enough stock or water to cover it. Bring remainder of stock to simmering-point. Add soaked sago and simmer in closed saucepan one-half hour, or until sago is soft. Season and serve. Rice may be substituted for sago. If barley is used it should be soaked over night.

MACARONI, VERMICELLI, SPAGHETTI, OR NOODLE SOUP

$\frac{1}{4}$ cup macaroni, vermicelli, spaghetti, or noodles broken into small pieces	1 quart brown stock Salt and pepper
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Soak macaroni or other pastes used in water one-half hour. Boil until soft and add to soup stock or drain before cooking and simmer in soup stock until tender. Season and serve.

GARNISHES FOR CONSOMMÉ

For garnishes suggested in the various kinds of consommé, see "Soup Accessories."

CONSOMMÉ PRINCESSE

Standard consommé served with shreds or small dice of cooked chicken and green peas.

CONSOMMÉ À LA ROYALE

Standard consommé served with tiny blocks of royal custard.

CONSOMMÉ WITH VEGETABLES

Standard consommé served with carrots and turnips cut in fancy shapes, also with small pieces of French string-beans.

CONSOMMÉ WITH MARROW BALLS

Standard consommé served with small marrow balls.

JULIENNE SOUP OR CONSOMMÉ JULIENNE

1 quart consommé	2 onions
1 carrot	2 turnips
1 stalk celery	

Julienne soup is consommé to which have been added carrot, onions, turnips, and celery cut into shreds about as thick as a match. The vegetables should be boiled in clear water before being added to the soup.

CHESTNUT SOUP

1 pound chestnuts	$\frac{1}{2}$ teaspoon chopped parsley
1 quart water	$\frac{1}{2}$ teaspoon grated lemon-rind
$\frac{1}{2}$ tablespoon salt	$\frac{1}{2}$ teaspoon lemon-juice
1 quart brown stock	1 cup thin cream or milk
$\frac{1}{2}$ teaspoon celery salt	$\frac{1}{2}$ tablespoon butter or butter substitute
$\frac{1}{2}$ tablespoon chopped onion	
$\frac{1}{2}$ teaspoon pepper	

Shell and blanch chestnuts. Cook them in the water for one-half hour, adding salt. Drain, place the chestnuts in clear brown stock, add celery salt, chopped onion, pepper and chopped parsley, and cook until the chestnuts are soft, about ten or fifteen minutes. Add grated lemon-rind, lemon-juice, and cream or milk, with butter or butter substitute.

PETITE MARMITE

This soup may be used to replace meat or may be followed by a very small amount of meat in the meal. It is not so extravagant as it appears at first glance, since both the beef and the chicken are used only in part, the remainder being available for serving in any desired way. This recipe makes about two quarts of soup.

4 pounds beef round	2 cloves
8 inches beef marrow-bone	2 carrots
3 quarts cold water	1 turnip
1 fowl weighing 3 pounds	3 stalks celery
1 onion	Salt

Put the beef and marrow-bone, which has been sawed into one-inch lengths, over the fire to cook in cold water, and heat water quickly to the boiling-point. Let boil three minutes, then skim and remove to a cooler part of the stove and keep at the simmering point. Roast,

the fowl fifteen minutes, then, when well browned, put it into the soup kettle, adding also the giblets. Take out the chicken and beef as soon as they are tender. Remove and keep out a part of the breast of the chicken and a part of the beef, to serve in the soup, and set the rest aside for other use. To the soup add onion, cloves, carrots, turnip and celery; remove these as soon as tender and keep them hot. Remove the fat from the broth and strain the broth through cheese-cloth; add salt and reheat. Serve in this soup the vegetables, small portions of the breast of chicken and of the beef.

ONION SOUP GRATINÉE

3 onions	Pepper and salt
3 tablespoons butter or butter substitute	$\frac{1}{8}$ clove garlic (if desired)
3 pints beef stock	2 tablespoons chopped parsley
3 tablespoons grated cheese	$\frac{1}{4}$ loaf French bread

Slice onions and put them into a stew-pan with butter or butter substitute. Stir and fry slowly until softened and slightly browned. Add beef stock, boil ten minutes, skim, season, and add parsley and garlic. Cut the bread into thin slices, dry in the oven a few minutes, pour soup into a low earthen casserole, put bread on top, sprinkle with grated cheese, and set in a very hot oven just long enough to brown the cheese.

CREOLE SOUP

3 tablespoons green pepper chopped	1 pint tomatoes, fresh or canned
2 tablespoons onion chopped	Salt and pepper
$\frac{1}{4}$ cup savory fat	2 tablespoons grated horseradish
2 tablespoons flour	1 teaspoon vinegar
1 quart stock	

Cook chopped green pepper and chopped onion in savory fat for five minutes. Add flour, stock, tomatoes, and simmer fifteen minutes. Rub through sieve and season with salt and pepper. Just before serving add grated horseradish and vinegar.

JELLIED SOUP

2 tablespoons gelatin	1 quart clear stock	$\frac{1}{2}$ cup cold water
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Soften the gelatin in the cold water, add to the boiling hot soup, chill and serve in cups.

BORSCHT

(A Famous Russian Soup)

1 bunch beets	½ pound breast of beef
1 cup tomatoes, fresh or canned	1 tablespoon lemon-juice
4 cups water	¼ cup sugar
1 small onion	¼ teaspoon salt
	4 eggs

Pare the beets and cut them into long strips. Strain the tomatoes, not letting any seeds through. Add water. Put in the onion and meat, cut into small pieces, and simmer for thirty minutes. Add lemon-juice, sugar, and salt. Boil one-half hour more. Beat the eggs with a pinch of salt. Add the hot borscht to this, a little at a time, stirring well to prevent the separating of the eggs. This will behave more or less as in any soft custard mixture. Serve at once, while very hot.

OX-TAIL SOUP

1 ox-tail	1 stalk celery
¼ pound salt pork	1 bunch soup greens
½ onion	2 sprigs parsley
2 quarts water	Catchup or Worcestershire
2 cloves	sauce
1 carrot	Salt and pepper

This is an inexpensive and good soup. Wash and unjoint the tail, and crack the bones, if possible, keeping one good joint for each person to be served. Mince the pork and place it in a saucepan to heat. When hot, add the sliced onion to brown. Sauté the tail, also, in this fat for a short time, and place in the soup-kettle with the water. Add the cloves at this time. Simmer four hours, add the other vegetables, sliced or cut into small pieces, and the soup greens and parsley, and cook until the vegetables are very tender. Strain the soup, trim the joints that were preserved whole, cool and set all away in a cold place. When cold, remove the fat from the soup, reheat, season with salt, pepper, and catchup or Worcestershire sauce, as preferred, and serve with one of the joints placed in each soup plate.

MOCK-TURTLE SOUP

1 calf's head	¼ cup butter or other fat
3 quarts boiling water	½ cup flour, browned
⅓ cup carrots, diced	2 cups brown stock
⅓ cup onions, diced	Juice of ½ lemon
Salt and pepper	

Clean the calf's head thoroughly. Cover with cold water and let soak for an hour, then put it into the boiling water, seasoned with salt and pepper. Add the diced carrots and onions and cook until the head is perfectly tender. Remove the head and continue to boil the stock until it is reduced to a little more than a quart. Strain and add roux of fat and browned flour. Add brown stock and the cheeks of the calf's head cut in dice. Royal custard, cut in dice, or egg-balls may be used, as preferred. Just before serving add juice of one-half lemon, and pepper and salt to taste.

MUTTON BROTH

This recipe provides the main dish for a dinner. A good mutton broth may be made by adding cooked rice or barley to mutton stock.

2 tablespoons pearl barley	2 carrots
3 pounds neck of mutton	1 stalk celery
1½ quarts water	1 teaspoon salt
1 onion	½ teaspoon pepper
1 turnip	

Soak the pearl barley over night. Cut six thin slices from the better end of the mutton, trim, and remove all fat. Separate the rest into small sections. Place the latter in a saucepan with water and three-fourths of the diced onion, turnip, carrot, celery, and the salt and pepper. Simmer for two or three hours, strain, let it get cold and remove the fat. Reheat, add the barley, soaked over night and drained, and the thin slices of mutton cut off in the beginning, and lightly pan broiled. Simmer twenty minutes. Add the rest of the diced vegetables, and simmer until barley and vegetables are tender. Serve with one slice of mutton in each plate of soup.

SCOTCH BROTH

2 pounds neck of mutton	2 tablespoons celery
2 quarts water	Salt and pepper
½ cup pearl barley	1 tablespoon flour
2 tablespoons onion	1 tablespoon butter or
2 tablespoons carrot	butter substitute
Parsley	

Scotch broth is substantial enough to be served for luncheon or when the main part of the dinner is light.

From the neck of the mutton separate fat and lean meat. Place the bones in a saucepan, cover with the water, and let simmer for one hour. Remove all fat and cut the lean mutton into cubes, and put it in a saucepan with the well-washed barley and fine cut onion, carrot, turnip, and celery. Strain the water from the bones upon this preparation,

and place the pan where the broth will simmer for three hours. When the liquid begins to bubble, skim it, and add salt and pepper. At the end of three hours, put butter substitute or other savory fat in a saucepan, and set the latter on the fire. As soon as the fat becomes hot, add flour, and stir until the mixture is smooth and frothy. Stir this preparation into the broth, add a little minced parsley, and cook for ten minutes longer.

TURKISH SOUP

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| $\frac{1}{2}$ cup rice | 2 egg-yolks |
| 1 quart white stock | Salt and pepper |
| 1 tablespoon cream | |

Boil the rice and stock together for twenty minutes, or until the rice is soft. Press through a sieve, returning to the fire all that runs through. Add this slowly to the cream, into which have been stirred the beaten egg-yolks, and stir until it thickens but does not boil. Season and serve at once.

PEPPER-POT

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|-----------------------------------|--|
| 3 tablespoons savory fat | 5 cups white stock |
| 3 tablespoons diced onion | $\frac{1}{2}$ pound honeycomb tripe |
| 3 tablespoons diced green peppers | $\frac{1}{2}$ teaspoon peppercorns |
| 1 $\frac{1}{2}$ cup diced potato | 1 teaspoon salt |
| 3 tablespoons flour | $\frac{1}{2}$ cup cream |
| 3 tablespoons diced celery | 1 tablespoon butter or butter substitute |

Put savory fat in frying-pan and sauté in it the onion, celery, green peppers, and potato dice. When they are nicely browned and have cooked for ten or fifteen minutes, add flour and stir until well blended. Add white stock, also the tripe, cut in shreds, the peppercorns ground fine, and salt. Cover closely and simmer for an hour or more. When ready to serve, add cream and the butter or butter substitute.

CHICKEN SOUP

This recipe provides a large bowl of substantial soup, as well as a cooked fowl, and when this soup is served the rest of the dinner should consist of comparatively light dishes. For a more economical chicken soup, see recipe for "Turkey-bone Soup."

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|-------------------------|-------------------------------------|
| 1 fowl (3 to 4 pounds) | 1 tablespoon chopped parsley |
| $\frac{1}{2}$ pound ham | Salt and pepper |
| 1 onion | 1 tablespoon flour |
| 2 to 3 quarts water | 1 tablespoon fat from chicken stock |
| $\frac{1}{4}$ cup rice | |
| 1 cup milk | |

Cut up fowl into quarters, with the ham and onion, and add the water. Let this simmer until the meat is very tender, then strain, reserving the meat to be used in any way desired. Remove all possible fat, and to one and one-fourth quart of this soup (the remainder can be used for sauce with the meat) add well washed rice, chopped parsley, salt and pepper. Simmer until the rice is tender, add milk, then add roux made of flour and chicken fat. Cook until the mixture is thickened (about five minutes), season and serve.

CHICKEN BROTH

See chapter on "Foods and Beverages for Invalids."

OKRA SOUP

1 fowl (3 to 4 pounds)	4 tablespoons flour
$\frac{1}{4}$ pound salt pork	2 quarts boiling water
1 quart okra	1 cup tomatoes, fresh or canned
1 onion	1 tablespoon salt
5 tablespoons fat from salt pork	$\frac{1}{2}$ teaspoon pepper

The tomatoes are not absolutely necessary, and if a plain, comparatively light soup is desired, a chicken carcass may be used instead of a whole fowl. Wash the fowl, and cut it into joints and other pieces convenient to handle. Slice the pork and sauté it brown; then remove it from the pan, put the chicken into the fat, sauté until brown, then place it in the soup-kettle. Wash okra carefully and cut it into slices. Cut the onion fine, and cook in saucepan for two minutes; then put in the okra, and after the mixture has cooked for ten minutes, transfer it to the soup-kettle. Put the fat and flour in the saucepan, and stir them until brown. Pour two quarts of boiling water into the kettle, stir in the browned flour, add the tomatoes and seasoning, cover the soup and let it simmer for two and one-half hours, or until the meat is so tender that it separates easily into pieces. At the end of the simmering, remove the bones and serve the soup without straining. If made from the whole fowl, this soup serves as the main dish in a meal.

CHICKEN GUMBO

This recipe, if followed as given, will provide the main dish for a dinner. A good chicken gumbo soup may be made by using the carcass of a chicken instead of the whole fowl.

1 fowl (3 to 4 pounds)	2 sprigs parsley
$\frac{1}{2}$ cup salt-pork fat	3 cups boiling water
1 onion	$\frac{1}{2}$ teaspoon pepper
1 quart okra, fresh or canned	2 tablespoons salt
5 tomatoes	1 cup boiled rice
1 cup cream	

This is a noted Southern soup. Cut the chicken into convenient pieces and sauté until brown in salt-pork fat, then place all the pieces in a saucepan. Slice thinly a large onion and sauté slowly for ten minutes in the fat. Add okra, cut fine, sliced tomatoes, and parsley sprigs. Sauté all of these ingredients one-half hour, quite slowly, and place them in the saucepan with the chicken. Add boiling water, pepper and salt. Simmer slowly two to four hours, or until the chicken is very tender, and then add boiled rice and cream. If more seasoning is needed, add it, and if necessary, thin with boiling water. Boil up once and serve. Cayenne pepper (one-fourth teaspoon) may be used instead of white or black pepper, if desired. Separate the bones from the chicken. Serve with pieces of chicken in the plate with the soup.

GIBLET SOUP

Giblets from chicken	1 quart highly seasoned stock
1 pint water	2 tablespoons flour
1/2 onion	1 tablespoon Worcestershire
1 teaspoon sweet herbs	sauce
3 cloves	Salt and cayenne
3 peppercorns	

Chop the giblets into fine pieces and cook in the pint of water until they are tender. Then add onion, cloves, and peppercorns, and allow all to simmer. Set the quart of stock over the fire and heat. Stir flour into a few tablespoons of the stock until it is like cream in consistency. Pour it into the rest of the stock and stir thoroughly, then leave it to thicken on the fire. Add a little Worcestershire sauce, a pinch or two of cayenne, and salt to taste. Let the stock boil, and skim off any scum that rises. Pour into it the giblet mixture.

JELLIED ESSENCE OF CELERY

Carcass of chicken	2 teaspoons celery salt
1 quart water	1/2 teaspoon kitchen bouquet
1 bunch celery, leaves and stalks	2 tablespoons gelatin
2 teaspoons salt	1/4 cup cold water

Use the carcass of a chicken left after serving roast or boiled chicken. Cover with the quart of cold water, and add coarse outside stalks of the celery, also the large green leaves from the top. Add seasonings, cover closely, and simmer slowly for two hours. Strain and cool. Skim off the fat. Bring clear soup to the boiling-point. Soften the gelatin in the one-fourth cup of cold water, and add to the heated

soup. Stir until the gelatin is thoroughly dissolved. Cool, set on ice till chilled. Serve in bouillon cups. Garnish with small white leaves of celery.

TURKEY-BONE SOUP

Never throw away the carcass of a turkey or chicken, for it will make a delicious soup. Scrape the meat from the bones, break the bones, pack in a kettle, and cover with cold water, adding a small onion. Cover closely and simmer very gently for three hours. Strain and cool. One-half hour before it is to be served, return to the fire and for every quart of stock add one cup of the cold meat, season and keep hot till needed. This soup may be greatly improved by adding to it, three minutes before serving, ten oysters to each quart of soup.

MULLIGATAWNY SOUP

This recipe provides a substantial dish that will serve as the main part of a dinner. A lighter soup can be made without the veal by using the carcass of a chicken or turkey, and a ham bone may be substituted for the piece of ham.

2 pounds veal	1 carrot
$\frac{1}{4}$ pound ham	1 turnip
2 quarts water	2 cloves
1 onion	2 peppercorns
1 tablespoon butter or butter substitute	$1\frac{1}{2}$ tablespoons curry-powder
3 apples, sliced	$\frac{1}{2}$ teaspoon sugar
	Salt and pepper

This is an East Indian soup. It may be made with either veal, calf's head, chicken, or rabbit, or with two or more of these in combination. It is highly seasoned with onions, curry-powder, and sour apples, lemons, or some other acid fruit. The best portions of the meat are removed as soon as tender, and served with the soup. Boiled rice should always accompany Mulligatawny, served separately.

Have bone of the veal well broken, and place the veal in the soup-kettle with the ham and the water. Sauté the onions a light brown in a little butter or butter substitute, and put them with the meat, adding at the same time the sliced apples, vegetables, cloves, peppercorns, and the curry-powder and sugar mixed to a paste with a little water. Simmer gently for five hours, then strain the soup and set away to cool, reserving pieces of the veal. Remove any fat that forms, and return the soup to the range, placing in it a piece of the veal for each plate. When the whole is thoroughly heated, season with salt and pepper and serve.

COURT BOUILLON

2 pounds fresh cod	$\frac{1}{2}$ clove garlic
3 pints water	$\frac{1}{2}$ teaspoon celery seed
1 bay-leaf	1 pint tomatoes
2 cloves	1 teaspoon salt
3 peppercorns	$\frac{1}{2}$ teaspoon lemon-juice
$\frac{1}{2}$ teaspoon parsley	

Wash the cod, cover with water, add bay-leaf, cloves, peppercorns, garlic, and celery seed, and cook for one hour. Then add tomatoes and salt; cook for fifteen minutes, strain and clarify. Reheat, add lemon-juice and very finely chopped parsley. The soup should be clear and red. Serve with croutons.

BOUILLABAISE

This is a famous fish mixture and greatly esteemed by epicures, but it can not be recommended as economical. It has one advantage, however, and that is that it is a main dish soup, and, with plenty of celery and bread and butter and a dessert, would make an excellent meal.

$\frac{1}{2}$ cup oil	1 quart boiling water
2 onions, chopped	12 oysters or clams
1 $\frac{1}{2}$ pound haddock	1 tablespoon parsley, chopped
1 $\frac{1}{2}$ pound cod or halibut	1 lobster
2 slices lemon	1 teaspoon caramel coloring
1 bay-leaf	1 teaspoon salt
1 tomato	Croutons

Put the oil and chopped onions into a large fish-kettle and cook until the onions are brown. Add haddock and cod or halibut cut in slices, two slices of lemon, a bay-leaf and the tomato, peeled and cut into quarters. Pour the boiling water over this mixture after it has simmered for ten minutes, and let all boil for another ten minutes. Skim, add oysters or clams and chopped parsley, also the meat of a boiled lobster, cut in large pieces, and caramel, salt, and pepper. In serving, each portion should include a large crouton, perhaps two inches square, a piece of each kind of fish, a piece of lobster, and a couple of oysters.

CLAM BROTH

12 clams in the shell	2 cups water	Paprika
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Purchase large clams in the shells. Scrub them thoroughly with a brush, place them in a kettle with cold water, closely covered, and bring water to the boiling-point. As soon as the shells have opened,

remove them from the broth. The clams may be served at once, in the half-shell, or taken from the shells and kept to be served in any form desired. Let the broth settle, strain, being careful not to pour out the sandy sediment, reheat, add a little red pepper or paprika, and serve hot. Twelve good-sized clams should make enough broth for six persons, but if there does not seem to be sufficient, add a little boiling water or milk. Clam broth seldom needs added salt. Water wafers heated in the oven, or divided crackers toasted on their broken surfaces, buttered and heated for a few minutes in the oven, are generally served with clam broth.

If preferred, clam broth may be served, hot or cold, in cups with a heaping teaspoon of whipped cream, into which has been beaten a little salt and pepper, placed upon the top of each cup. The cream adds richness to the flavor of the soup and increases its nourishing properties.

THICK SOUPS, CHOWDERS AND STEWS

Cream Soups

Cream soups are made by combining a very thin white sauce with a suitable quantity of cooked, mashed, strained vegetable, fish, or meat pulp. The white sauce may be made from white stock or milk or part stock and part milk. Where cream soups are made from all milk, vegetables having distinctive flavor should be used altogether or as an added flavor. All cream soups are improved in flavor by the presence of some stock.

Purées

Purées are made in the same way as cream soups, but are made somewhat thicker. They are often served under the name of "Cream Soup."

Bisques

Bisques are made in much the same way as cream soups. The name bisque is usually given to a cream soup made from fish, and the fish is often diced or mashed through a coarse strainer. A familiar example of an exception in the use of the word is mock bisque soup, or tomato bisque, as it is often called.

Chowders

Chowders were probably the common ancestors of the more refined cream soups, purées, and bisques. The word chowder comes from the French *chaudière*, meaning caldron. The chowder originated as a community fish stew to which each neighbor contributed something;

milk, fish, potatoes, crackers, pork or some seasoning. These contributions were evidently all cooked together in the common caldron, from which chowder derives its name, and each contributor withdrew his share of soup when it was ready.

The chowder of to-day is much the same as the old chowder, and consists of pieces of different vegetables or of fish and potatoes and various seasonings cooked in milk with crackers added just before serving.

Fish Stews

Fish stews are made of milk and the juice of the fish which gives flavor to the soup. They differ from the cream soups in that they may or may not be thickened, and from the chowders in being less complex in composition.

Binding Thick Soups

When vegetables, meat or fish pulp are combined with milk or stock in making soups, they separate and the solid substance sinks to the bottom of the liquid. Some flour or corn-starch cooked into the mixture will overcome this. With many of these soups the reason for using the flour or corn-starch may not necessarily be to thicken a soup which the vegetable, meat or fish pulp has already made thick enough, but to blend the liquid with the solid so that all parts of the soup will have the same consistency.

Flour or corn-starch may be combined with the soup by mixing the flour or corn-starch with enough cold liquid—milk, water, or stock—to make a creamy thickness and adding this carefully to the soup; or by means of a roux (see Index). When a colored roux is desired—and roux means red—the fat is browned before the flour is added and the mixture is cooked to a reddish brown color. When a roux is made in this way, the liquid is usually added to it gradually.

Preventing Skin on Cream Soups

A cream soup or a milk soup has tendency to form a skin on the top as it cools. If it is beaten just before serving, the froth protects it against skin formation.

If a small portion of whipped cream or beaten egg-white is served on top of each portion of cream soup, it aids in preventing the skin formation as well as adds to the delicacy and attractiveness of the dish.

SIX SERVINGS OF STANDARD CREAM SOUP

4 cups milk or part milk and part stock	2 cups vegetable pulp or meat or fish pulp
2 tablespoons flour	Salt, pepper, other seasonings
2 tablespoons fat	

1. Make a white sauce of the liquid, flour, and fat.
2. Cook the vegetables or meat or fish until tender, drain, and mash through a sieve.
3. Combine the vegetable, meat, or fish pulp with the white sauce.
4. Season, beat with an egg-beater, and serve. A tiny portion of whipped cream or beaten egg-white may be served on top of each portion.

The standard cream soup may be made somewhat thicker for purées and bisques.

CREAM OF POTATO SOUP

6 potatoes (or 2 cups mashed potato)	$\frac{1}{2}$ teaspoon pepper
4 cups scalded milk or $\frac{1}{2}$ milk and $\frac{1}{2}$ potato water	$\frac{1}{2}$ teaspoon celery salt
1 large or 2 small onions	2 tablespoons flour
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter or other fat

Pare potatoes, cut in quarters, drop them into enough salted boiling water to cover, and cook quickly. While they are boiling, place milk in a double boiler with onion, and have the milk well heated by the time potatoes are done. Drain the potatoes when cooked. Unless the water in which the potatoes have been cooked is used in the soup, it should be saved for the soup-kettle. Mash the potato fine, and slowly add the hot milk, from which the onion has been removed. Season with celery salt, salt, and white pepper or paprika, and bind the potato and milk with a roux made of the fat and flour. Cook the soup for five minutes, pour through a soup-strainer, return to the fire to heat but not to boil, beat with whip or egg-beater, and serve.

CREAM OF ONION AND POTATO SOUP

3 cups scalded milk	3 large potatoes (or 2 cups mashed potato)
1 cup potato water	2 onions
2 tablespoons flour	1 tablespoon chopped parsley
2 tablespoons savory fat or butter	Salt and pepper

Make a white sauce of the liquid, flour, and fat. Boil the potatoes and onions until tender, mash through a sieve, combine with the white sauce. Season with chopped parsley, salt, and pepper. Beat with an egg-beater and serve with croutons.

CREAM OF TOMATO SOUP—No. 1

1 pint tomatoes, fresh or canned	2 tablespoons flour
$\frac{1}{4}$ cup rice	2 tablespoons butter
1 pint water	$\frac{1}{4}$ teaspoon soda
1 pint milk	Salt and pepper

Place the tomatoes, rice, water, salt, and pepper together in a granite pan, and cook until the rice is tender but not broken. Make a white sauce with fat, flour and milk. To the hot tomato mixture add the soda. Add this mixture gradually to the white sauce. Serve at once without more heating, for there is danger of the milk curdling.

CREAM OF TOMATO SOUP—No. 2

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|---|-----------------------------|
| 1 quart milk or half milk and
half white stock | 1 pint tomatoes |
| 2 tablespoons flour | Salt and pepper |
| 2 tablespoons fat | $\frac{1}{4}$ teaspoon soda |

Make a white sauce of the liquid, flour, and fat. Cook the tomatoes until tender, and mash through a coarse sieve. Just before serving, add the soda to the tomatoes and gradually add the tomatoes to the white sauce, stirring constantly. Season and serve at once. If soup begins to curdle, beat thoroughly with egg-beater.

CREAM OF CORN SOUP

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|--|-------------------------|
| 5 cups corn, canned or fresh | 2 tablespoons butter or |
| 5 cups milk or part milk and
part white stock | other fat |
| 2 tablespoons flour | Salt and pepper |
| | 2 egg-yolks |

Put the corn in a double boiler with one quart of the milk and cook for twenty minutes. Make a white sauce of the milk and corn, flour, and fat, add salt and pepper and cook five minutes. Rub the soup through a strainer, beat the yolks of the eggs well, and add to them the remaining cup of cold milk; stir this mixture into the soup, cook for a minute or two, stirring constantly. Beat and serve at once.

CREAM OF ASPARAGUS SOUP

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| 1 quart milk or part milk and
part white stock or part
asparagus water | 2 tablespoons butter or other fat |
| 2 tablespoons flour | 1 large bunch or 1 large can
asparagus |
| | Salt and pepper |

Make a white sauce of the liquid, flour, and fat. If fresh asparagus is used, wash, tie up, and boil until tender. If canned asparagus is used, heat thoroughly. Mash the asparagus through a sieve, and combine it with the milk mixture. Season with salt and pepper, reheat, beat with egg-beater, and serve very hot.

CREAM OF SPINACH SOUP

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| 1 quart milk or part milk and
part white stock | 2 tablespoons flour |
| 2 tablespoons butter or other
fat | 2 cups spinach pulp |
| | Salt and pepper |
| | Whipped cream, if desired |

Make a white sauce with the fat, flour and milk. Add spinach pulp, season to taste, beat with egg-beater, and serve with small portion of whipped cream on each serving.

CREAM OF CELERY SOUP

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|---|---------------------------------|
| 1 quart milk or part milk and
part water | 1 quart chopped or diced celery |
| 2 tablespoons flour | 1 bay-leaf |
| 2 tablespoons butter or other fat | Salt and pepper |

Cook the celery, onion, and bay-leaf in just enough water to cover, until the celery is very soft. Mash through a sieve. (This should make about a pint of pulp.) Make a white sauce of the milk, flour, and fat. Combine the sauce and vegetable. Season with salt and pepper, reheat, beat with egg-beater, and serve.

CREAM OF SORREL SOUP

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|---|--------------------------|
| ½ onion, chopped | 2 or 3 tablespoons flour |
| 2 or 3 tablespoons butter or
other fat | 1 quart sorrel |
| 1 quart milk or part milk and
part stock | 2 teaspoons sugar |
| | Salt and pepper |

Cook the onion with the fat until tender. Make a white sauce with the liquid, flour, and fat with the onion cooked in it. Cook the sorrel in the least possible amount of water (about one-half cup) until very tender. Drain, chop very fine, add to the milk mixture. Add sugar, salt, and pepper. Reheat, beat with egg-beater, and serve.

CREAM OF PEA SOUP

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|---|---------------------------|
| 1 pint peas, fresh or canned | 2 to 3 tablespoons butter |
| 1 quart milk or part milk and
part stock | or other fat |
| 2 to 3 tablespoons flour | Salt and pepper |

If fresh peas are used, cook with least possible amount of water until tender. When the peas are tender, take out half of them, and pass the remainder through a sieve together with the water in which

they were cooked. There should be about one cup of this liquid. Make a white sauce of the fat, flour and milk. Add the pea purée. Just before serving, beat with egg-beater, add remainder of the peas, and season with salt and pepper.

PURÉE OF LETTUCE

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| 1 quart white stock or part
milk and part stock | The outer leaves of 4 heads
of lettuce |
| 2 to 3 tablespoons flour | Salt and pepper |
| 2 or 3 tablespoons butter or
other fat | 2 teaspoons lemon-juice |

Make a white sauce of the liquid, flour, and butter. Wash and pick over the heads of lettuce, leaving the hearts for salad. Cut up the thoroughly clean outer leaves and cook until tender in a covered kettle without adding any water. Press through a sieve, add to the sauce, season, add the lemon-juice, beat with a beater, and serve. Three tablespoons of flour are used when greater thickness is desired.

PURÉE OF SPINACH

Use the same recipe as for "Purée of Lettuce," allowing four quarts of spinach to one quart of stock, and adding one-fourth teaspoon sugar to the recipe.

PURÉE OF CUCUMBER

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|--|-----------------------------------|
| 1 quart chicken stock or part
milk and part stock, or all
milk | 4 tablespoons butter or other fat |
| 4 tablespoons flour | 3 cups pared cucumber |
| | 1 slice onion |
| | Salt and pepper |

Make a white sauce of the liquid, flour, and fat. Cut the cucumbers in small pieces. Parboil ten minutes. Drain, add chopped onion, cook in the smallest possible quantity of water until tender. Rub through a sieve. Add to the white sauce. Season with salt and pepper, reheat, beat with an egg-beater, and serve.

PURÉE OF ONION

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|---------------------------|---|
| 3 large or 6 small onions | 2 or 3 tablespoons butter or
other fat |
| 2 cups white stock | Salt and pepper |
| 2 cups milk | 1 tablespoon chopped parsley |
| 2 or 3 tablespoons flour | |

Make a white sauce with stock, milk, flour, and butter. Cook onions in water until very tender. Drain, and rub through a sieve.

Combine onion and sauce. Season with salt, pepper, and chopped parsley. Beat with egg-beater and serve.

Use three tablespoons flour when increased thickness is desired.

PURÉE OF PEAS AND TOMATOES

$\frac{1}{2}$ pound dried yellow split peas	1 or 2 celery tops
1 pint tomatoes	Salt and pepper
1 quart water	1 tablespoon flour
1 onion	1 tablespoon butter or other fat

Soak peas over night in water enough to cover them three or four inches. Drain, and put into a saucepan with the tomatoes, water, sliced onion, and celery tops. Cook until the peas are tender. Mash through a sieve. Season with salt and pepper. Bind with a roux made of the flour and fat, and serve, garnished with a thin slice of tomato or lemon and a few canned peas if available. Serve with bread croutons.

SPLIT-PEA PURÉE

1 cup split peas	2 tablespoons butter or other fat
2 quarts water	Salt and pepper
1 tablespoon flour	Celery salt
1 teaspoon onion-juice	

Soak split peas all night, then put them over the fire with water and bring to a boil. Cook slowly, until the peas are soft. Rub through a sieve, beat, and thicken with roux of flour and fat. Season with salt, pepper, celery salt, and onion-juice. Stir or beat until smooth and serve with croutons.

FISH PURÉE

1 quart milk	4 tablespoons butter or other fat
1 small onion, minced	2 cups cooked fish
4 tablespoons flour	Salt and pepper

Scald the minced onion in milk. Make a white sauce of the milk, flour, and butter. Rub the cooked fish through a sieve. Combine the fish and sauce. Season and serve.

BISQUE OF LOBSTER

1 medium-sized lobster	4 tablespoons flour
1 quart milk	1 cup cold water
4 tablespoons butter or other fat	Red pepper
	Salt and pepper

Make a white sauce of the milk, flour, and fat. Remove meat from freshly boiled lobster.* Reserve the coral and the green fat. Put the cold water into a kettle and add the broken claws and shell and the finely chopped tail meat. Bring to the simmering-point and simmer for twenty minutes. Drain, and stir into the white sauce. Add the remainder of the lobster meat, cut in dice. Season with salt, pepper, and cayenne. Just before serving, add the coral mashed to a paste with the green fat. Mix thoroughly, reheat, and serve with croutons.

BISQUE OF CLAMS

24 clams in the shell	1 tablespoon flour
2 cups rich milk or white stock or part of each	2 cups water
1 tablespoon butter or other fat	1 tablespoon chopped celery
	1 teaspoon chopped parsley
	Salt and pepper

Make a white sauce of the milk, flour, and butter. Scrub the clams thoroughly, then open them, *wash them in their own liquor, and chop them very fine. Strain the liquor through cheese-cloth, and add it to the water. Add the chopped celery and parsley and cook ten minutes. Add the chopped clams and cook five minutes longer. Press through a sieve and add to the white sauce. Season with salt and pepper, beat with an egg-beater, and serve.

BISQUE OF OYSTERS

1 pint oysters	2 cups water
2 cups milk	1 slice onion, chopped fine
1 cup stale bread-crumbs	1 stalk celery, diced
1 tablespoon flour	1 stalk parsley, chopped fine
1 tablespoon butter or other fat	1 bay-leaf
	Salt and pepper

Scald the milk, add the bread-crumbs and cook in a double boiler for twenty minutes. Rub through a sieve. Make a white sauce of the milk and crum mixture and the flour and fat. Chop the oysters,* put them in a saucepan with their own liquor, the water and the chopped vegetables and herbs. Simmer for twenty or thirty minutes. Rub through a fine sieve and combine with the white sauce mixture. More milk or cream may be added if the bisque is very thick. Season and serve.

*Directions for cleaning and preparing shellfish are given on other pages of this book—consult Index.

FISH CHOWDER

$\frac{1}{4}$ pound fat salt pork, sliced	3 cups boiling water
2 cups raw fish, cut in dice	1 pint milk
6 small potatoes, sliced	3 pilot biscuit
2 onions, chopped fine	

Fry salt pork in a deep kettle. When crisp remove pieces of pork and put fish, potatoes and onions in kettle. Cover with the boiling water. Simmer one-half hour, or until the potato is tender. Add the milk and cook five minutes longer. Season with salt and pepper. Just before serving, add the pilot biscuit.

OYSTER CHOWDER

1 quart oysters	2 tablespoons butter or other fat
6 potatoes	1 tablespoon flour
1 onion	Salt and pepper
1 cup water	3 pilot biscuit
3 cups milk	

Drain the oysters, and remove any particles of shell.* Strain the liquor through a fine wire sieve. Thinly slice the potatoes and onion, and boil them in the oyster liquor and water until tender but not soft. Make a white sauce with the fat, flour, and milk, put the oysters into it, and cook two minutes. Combine white sauce with potatoes and onion and the liquor in which they have been cooked. Season to taste with salt and pepper. Place the pilot biscuit in the hot tureen. Pour the chowder over them, and serve.

CLAM CHOWDER

50 clams	$\frac{1}{2}$ teaspoon thyme
4 ounces salt pork	3 potatoes
1 medium-sized onion	1 pint milk
2 tablespoons flour	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ teaspoon salt	3 pilot biscuit

Put clams,* with their own liquor, into a granite-ware saucepan, and when they have come to a boil skim out the clams and return liquid to the fire. Cut the salt pork into thin slices, chop the onion, and sauté the two together until brown. Stir in flour, and when mixture is bubbling slowly, add the clam liquor. Season with salt, white pepper, and thyme. Add potatoes which have been cut into

*Directions for cleaning and preparing shellfish are given on other pages of this book—consult Index.

small cubes, and cook this mixture until the potatoes are tender. Just before serving, add milk, clams cut into pieces, and three large pilot biscuit or a larger number of hard water-crackers, as preferred. If liked thicker, blend one tablespoon of butter or other fat with the same of flour, and add gradually.

To make Rhode Island clam chowder, add tomatoes, either canned or fresh.

CORN CHOWDER

2 slices fat salt pork	2 cups boiling water
1 onion	1 cup cooked corn, fresh
3 cups diced boiled potatoes	or canned
Salt and pepper	4 cups hot milk

Cut the pork into small pieces and try it out. In this cook the sliced onion. Strain the fat into another receptacle, and put the potatoes into the strained fat. Add boiling water, corn which has been cooked till tender, and hot milk. Season with salt and white pepper, bring to the boiling-point, and serve with a cracker on each soup-plate.

OYSTER STEW—No. 1

1 pint oysters	1½ tablespoon flour
1 pint cold water	2 tablespoons butter or
1 pint milk	butter substitute
¼ onion	Salt and pepper
Mace	

Remove small pieces of shell that may be attached to the oysters,* and strain the oyster liquor. Put the oysters in a colander over a bowl, pour the cold water over them and stir with a spoon until all the liquid has drained into the bowl. Place the oysters in a bowl and set in a cold place. Put the water and oyster liquor into a saucepan and heat slowly to prevent scorching. When the boiling-point is reached, skim carefully and set back where it will keep hot. At the time the oyster water is put on to heat, put one-half the milk, the onion, and the mace on the fire in a double boiler. Stir the flour into the remainder of the cold milk, and stir the mixture into the hot milk. Cook fifteen minutes. Now remove the onion and mace, let the oyster water boil up once, and then stir in the thickened milk; put in the oysters, butter or butter substitute, salt and pepper, boil up once more and serve at once.

*Directions for cleaning and preparing shellfish are given on other pages of this book—consult Index.

OYSTER STEW—No. 2

1 pint oysters	Salt, pepper, paprika
4 tablespoons butter or butter substitute	1 quart rich milk

Put cleaned oysters,* strained oyster liquor, butter, and seasoning into a saucepan and simmer gently until oysters curl at the edges. Add the milk and bring quickly to the simmering-point. Serve very hot.

CLAM STEW

Make in same way as "Oyster Stew," using clams.

CRAB STEW

6 hard-shell crabs	1 pint rich milk
1 tablespoon butter or butter substitute	1 quart water
1 tablespoon flour	Salt and pepper
1 onion	Parsley

Boil the crabs.* Remove the meat and sauté it in butter or butter substitute with one small onion. Cook until the onion is quite brown. Add flour, salt, and pepper, cook a little longer, then add water and minced parsley. Simmer for ten minutes, add milk, reheat, and serve.

DUTCH BROTH OR ONION STEW

6 onions	1 egg-yolk
5 tablespoons butter or butter substitute	3 tablespoons flour
3 cups cold water	2 cups scalded milk
	Salt and cayenne

Chop the onions and cook them in two tablespoons of the butter or substitute for five minutes, then add water and cook thirty minutes. Press through a sieve. Make a roux of the remaining fat and the flour, combine it with the scalded milk and add seasoning. Cook five minutes, stirring constantly. Add this milk mixture to the onion mixture. Mix thoroughly and add the egg-yolk, slightly beaten. Serve individually in Dutch bowls and place one teaspoon of grated Edam cheese on the top. Set for a few minutes in a hot oven to melt the cheese. Serve immediately.

*Directions for cleaning and preparing shellfish are given on other pages in this book—consult Index.

TOMATO SOUP

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|--------------------------------------|---|
| 1 quart tomatoes, fresh or
canned | 1 teaspoon sugar |
| 1 bay-leaf | 2 tablespoons corn-starch |
| Parsley | 1 tablespoon butter or
butter substitute |
| 1 onion | $\frac{1}{4}$ teaspoon soda |
| 2 cups water | Salt and pepper |

Put the tomatoes, bay-leaf, parsley, onion, and water on to boil for a few minutes, then strain through a colander. Rub the corn-starch and fat together, and when smooth, stir into the boiling soup. When smooth, add soda, salt, pepper, and sugar, and serve. Ordinarily a soup made with corn-starch would need longer cooking. When corn-starch is cooked with an acid the time may be decreased.

BAKED-BEAN SOUP

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|--------------------|---|
| 3 slices bacon | 1 tablespoon butter or
butter substitute |
| 2 cups baked beans | Salt, pepper, paprika |
| 4 cups cold water | |
| 1 tablespoon flour | |

Cook bacon. Add to beans. Add cold water and cook until beans are soft, then rub through a strainer. Place on the fire and add a little more water, if needed, as the soup must not be too thick. Bind with the flour and butter. Cook two or three minutes. Season with salt, a dash of pepper, and paprika.

BLACK-BEAN SOUP

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|----------------------------|--|
| 1 cup black beans | 2 tablespoons butter or
butter substitute |
| $1\frac{1}{2}$ quart water | 2 tablespoons flour |
| 1 onion | 2 hard-cooked eggs |
| 1 tablespoon savory fat | $\frac{1}{2}$ teaspoon mustard |
| 2 stalks celery | Pepper, salt, paprika |
| 1 lemon | |

Soak the beans over night. Next morning, drain them and cover with the cold water. Add sliced onion, which has been browned in a tablespoon of fat, also stalks of celery broken into inch pieces. Simmer until beans are soft, adding more water from time to time. Press through a sieve, again bring to the boiling-point, and then add seasoning of mustard, pepper, salt, and paprika to taste. Bind with roux of butter or butter substitute and flour to prevent the soup from separating. Cut the eggs and lemon in thin slices, and add these to the strained soup just before serving.

SPLIT-PEA SOUP

2 or 3 pounds ham end	3 quarts boiling water
1 carrot	1 cup split peas
1 onion	Salt and pepper
2 potatoes	2 tablespoons catchup

Put the end of a moderately lean smoked ham into a kettle with carrot and peeled onion, whole potatoes, and boiling water. Boil one hour and strain. Now rinse the ham thoroughly in hot water and return to the strained stock, together with split peas which have been soaking all night, and boil for one hour. Season with salt and white pepper and add catchup. Serve at once. Thin with boiling water if too thick.

This recipe really provides the main part of a dinner, since the ham end will serve as the meat dish. A ham bone, left over from a boiled or baked ham, will flavor pea soup quite as well as a piece bought especially for the purpose, and if that is used a meat dish may be provided.

GREEN-PEA SOUP

2 cups stock	2 sprigs mint
1 quart water	1 tablespoon flour
1 quart green peas	1 tablespoon butter or
1 celery stalk	butter substitute
1 onion	Salt and pepper
1 turnip	Sugar

Reserve one-half cup of peas, and to the stock and water add the rest of the peas, the celery stalks, onion and turnip cut into pieces, and the mint. Stew until the mass is tender. Strain through a sieve or coarse cheese-cloth. Thin with stock or water, if necessary; bind with a roux of flour and fat and season with salt, pepper, and a little sugar. Add the half cup of whole peas, stew for a few minutes, and serve.

Cold Fruit Purées

In hot weather, cold fruit purées are sometimes preferred to hot soups. They are always served in cups, usually of glass, and with a few pieces of the fruit floating on the surface. These fruit purées are really as closely related to the appetizers as to the soups.

RASPBERRY PURÉE

$\frac{1}{2}$ cup granulated tapioca	2 cups raspberries
6 cups water	Sugar
$\frac{1}{2}$ cup currant-juice	

Boil tapioca in water and currant-juice. When tapioca is transparent, add raspberries and sugar to taste. Set aside to cool. Serve in sherbet-glasses with cracked ice.

CHERRY PURÉE

Juice from 1 quart of tart cherries, freshly stewed or canned	2 teaspoons arrowroot Grated rind of 1 lemon
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Heat the juice from the cherries. Add arrowroot moistened with cold water, stirring the mixture rapidly to prevent the forming of lumps. Flavor with the grated lemon-rind. Place on ice and serve very cold, with a whole cherry floating on each portion.

ORANGE PURÉE

2 cups orange-juice	$\frac{1}{2}$ cup sugar
1 teaspoon corn-starch	1 teaspoon grated orange-rind
2 tablespoons cold water	

Place orange-juice in saucepan and when it is thoroughly heated add the corn-starch mixed with the cold water. Cook slowly until clear. Add sugar and grated orange-rind. Place on ice until needed and serve ice-cold in glass sherbet cups.

SOUP ACCESSORIES

Soup may be served with many accompaniments, such as crisped crackers, cheese-sticks, pulled bread; and varieties of croutons, force-meat balls, noodles, and vegetable pastes may be placed in the soup itself. Grated Parmesan cheese is passed with many kinds of soup, of which a spoonful is sprinkled on each portion.

Recipes for some of the best-liked accompaniments for soup are given below.

CROUTONS

Cut stale bread into slices about one-third of an inch thick, and remove all crust. Spread with butter, cut in cubes and bake in the oven until delicately browned. If preferred, these cubes of bread may be fried in deep fat or sautéd in just enough fat to keep them from burning. Put in soup at time of serving, or pass in a separate dish, permitting each person to put as many croutons as he may wish in his portion of soup.

MOCK ALMONDS

Cut stale bread in thin slices and shape to represent almonds. Proceed as with croutons, and use in the same way.

CHEESE-STICKS

Cut stale bread in long, narrow strips, spread with butter or butter substitute and then with a thick coating of grated cheese. Place in the oven until brown. Crackers may be treated in a similar manner. These should be passed when the soup is served.

HOT CRISPED CRACKERS

Thin wafers or crackers should be toasted for three minutes in a hot oven. They are better if spread with a thin film of butter or butter substitute before being put into the oven. If Boston crackers are preferred, split them, arrange the halves, rough side up, on a plate, lay a bit of butter or butter substitute on each, or spread with butter, and brown them in the oven.

CRISPED BREAD

Directions for preparing crisped bread, pulled bread and bread-sticks, any one of which may be passed with the soup, are given in the chapter on "Breads."

NOODLES

1 egg

$\frac{1}{2}$ teaspoon salt

Flour

Stir sufficient flour into a slightly beaten egg to make a very stiff dough. Add salt, knead, and roll as thin as possible. It should be of almost paperlike thinness. Cover the molding-board on which it is spread with a towel and let the dough remain untouched for half an hour. Then cut in small fancy shapes, using a French vegetable cutter, and dry them. When needed, place in boiling water and cook rapidly for fifteen minutes. This dough may also be rolled into threads and used like macaroni in soup.

NOODLE BALLS

Roll the noodle paste as directed above, fold it double and with a tin cutter make circles about one-fourth inch in diameter. Toss these balls into hot fat, using a wire frying-basket. In about a minute they will turn a delicate brown and puff into balls. Drain on soft paper and serve with soup. As these soften quickly, it is better not to put them in the tureen, but to pass them after the soup has been served.

EGG BALLS—No. 1

5 eggs
 $\frac{1}{2}$ teaspoon pepper

1 teaspoon salt
 Flour

Simmer four of the eggs in the shell twenty minutes and mash the yolks to a smooth paste in a bowl; then add the salt and pepper and the other egg, well beaten. Shape the mass into tiny balls, roll them in flour and sauté, tossing them about while frying to prevent their sticking to the pan. They may be made some time before needed. Use the hard-cooked egg-whites for a sandwich or a salad.

EGG BALLS—No. 2

Mash the yolks to a paste, season, and mix with uncooked egg-yolk. Form into small balls. Roll them in the uncooked egg-white, then in flour, and poach in hot water. These are attractive in consommé or in mock-turtle soup.

PÂTÉ À CHOUX

1 teaspoon butter or butter substitute	$\frac{1}{4}$ cup flour
$2\frac{1}{2}$ teaspoons milk	1 egg
	Salt

Heat butter or butter substitute and milk. When at the boiling-point, add the flour and a pinch of salt, stirring constantly. Remove from the fire and beat in the unbeaten egg, and continue beating until the egg is well mixed with the other ingredients. When cool, drop small pieces from the tip of a teaspoon into deep, boiling fat. When brown and crisp, drain on brown paper. If desired, two tablespoons of grated Parmesan cheese may be added to this recipe.

CUSTARD FOR GARNISHING

Allow two tablespoons of milk, cream, or consommé to each egg. Mix well, season with salt and pepper, and pour into a buttered mold, making the custard one-half inch thick. Set the mold in a pan containing hot water and place in a moderate oven. When the custard is set, remove from the oven and cool. Cut it into small pieces or fancy shapes.

The egg-white, the egg-yolk or the whole egg may be used in making this custard.

CUSTARD ROYALE

2 egg-yolks
 1 egg
 $\frac{1}{2}$ cup beef stock

Salt and pepper
 Cayenne

Beat the yolks of the eggs slightly and then beat into them the one whole egg. Add beef stock, a little salt, pepper and a few grains of cayenne. Pour the mixture into a shallow pan or dish, so that the custard will be about one-half inch deep. Set this pan into another holding water that is just below the boiling-point and place both in a moderate oven. The custard should set without bubbling and without forming a brown crust on top. When cold, cut in fancy shapes with vegetable-cutter. Use care in placing these in the soup, so that they may not break. When used in consommé, they give the name "Consommé Royale" to the soup.

GREEN PEA CUSTARD

$\frac{1}{2}$ cup mashed green peas	Salt and pepper
1 tablespoon beef stock	Paprika
2 or 3 egg-whites	

To the mashed green peas, add beef stock and the slightly beaten whites of eggs. Season with salt, pepper and paprika. Beat thoroughly, place in shallow dish and bake as directed for custard royale. When cool, cut into cubes and place in the soup without breaking. If a more decided green shade is desired, color with a little parsley or spinach juice.

TOMATO BLOCKS

$\frac{1}{2}$ cup thick tomato paste	Paprika
2 egg-whites	Tabasco sauce
$\frac{1}{8}$ teaspoon salt	

Select the most solid portions of a can of tomatoes, or use firm, fresh ones. Heat until soft, press through a sieve, then return to the fire and simmer until the mixture is reduced to a thick paste. To one-half cup of this paste add the whites of eggs, slightly beaten, salt and paprika. A little tabasco sauce may be added, if liked. Pour this mixture into a shallow pan or earthenware pie-plate, place in hot water and bake in the oven until firm. When cold, cut in fancy shapes and serve several blocks in each portion of soup. These are especially good in plain consommé.

SPINACH BLOCKS

$\frac{1}{2}$ cup spinach purée	1 tablespoon beef stock
1 egg	Salt and pepper

Press thoroughly cooked and chopped spinach through a sieve, add the egg, slightly beaten, and the stock. Season to taste and bake in a shallow tin surrounded by water, as described in the preceding recipes.

HARLEQUIN SLICES

- | | |
|--|---|
| 3 tablespoons cold boiled turnips | 3 tablespoons cold boiled carrots |
| 3 tablespoons cold boiled string-beans | Ingredients of one recipe of custard royale |

Cut the vegetables in dice and place in an earthenware pie-plate. Over these vegetables pour the custard royale and bake in a dish surrounded by hot water. When cool, cut in slices just thick enough so that they will not break when placed in the soup.

MARROW BALLS

- | | |
|-----------------------------|-----------------|
| 2 tablespoons melted marrow | Salt and pepper |
| 1 egg | Paprika |
| ½ cup soft bread-crumbs | |

Strain melted marrow through cheese-cloth, beat until creamy and then add beaten egg. Season with salt, pepper and paprika, add a little moist bread, and form into balls. Poach these little balls in boiling water and add to the soup when serving.

COLORING FOR SOUPS AND SAUCES

To color brown, use browned flour or a little burnt sugar. (See recipe for Caramel page 38.)

Spinach leaves give a fine green color. Pound the leaves, tie them in a cloth, squeeze out all the juice and add this to the soup five minutes before serving. This is also used to give color in mock-turtle soup. The strained juice of tomatoes, or the whole tomato if run through a sieve, will color soup red. Grated carrots give a fine amber color. Okra imparts a pale-green tinge.

CHICKEN FORCEMEAT

- | | |
|---|-------------------|
| 2 breasts chicken (uncooked) | 1 cup milk |
| ½ teaspoon salt | ½ blade mace |
| 1 cup dry bread-crumbs | ¼ teaspoon pepper |
| 3 tablespoons butter or butter substitute | 2 egg-whites |

Chop, pound and rub through a purée-sieve, the uncooked breasts of chicken. There should be a full half-pint of meat. Add salt and pepper. Boil together the bread-crumbs (no crusts), milk and mace for ten minutes, or until cooked to a smooth paste. Remove from the fire, put in butter or butter substitute and then add the seasoned meat and the well-beaten whites of eggs. Stir until all ingredients are

thoroughly blended. To make dark chicken forcemeat, use dark meat instead of light and the yolks of the eggs instead of whites. Chicken livers, also, may be used for forcemeat.

OYSTER FORCEMEAT

12 oysters	Cayenne
2 cups dry bread-crumbs	1 teaspoon parsley
3 tablespoons butter or butter substitute	1 teaspoon lemon-juice
2 egg-yolks	3 tablespoons oyster-juice
1 teaspoon salt	Nutmeg

Chop the oysters fine and add the bread-crumbs, butter or butter substitute, salt, cayenne, minced parsley, lemon-juice, oyster-juice, the yolks of raw eggs and a grating of nutmeg. Pound to a smooth paste and rub through a purée-sieve. Add more salt if necessary. This is a fine forcemeat for timbales, or for stuffing poultry or fish. It may also be made into balls, dipped in beaten egg-yolks, then in bread-crumbs and fried, or rolled into very small balls, dipped in egg-yolks and browned in the oven to use in soups.

FISH FORCEMEAT

Free any kind of delicate fish from skin, fat and bone. Pound, strain, use one-half pint fish and proceed as for chicken forcemeat.

GARNISHES

Garnishes serve two purposes: first, that of making food more attractive to the eye, thus stimulating the appetite and the flow of digestive juices and aiding digestion; second, that of adding bulk or increasing the nutritive value of the dish.

Garnishes should be simple, appropriate, easy to prepare, but they should not be used to disguise deficiencies or poor qualities of any dish. Edible garnishes are more appropriate than those that are used merely for appearance. At least one-third of a dish should be left free of garnish. The garnish should be so placed that it does not interfere with the service. With a few exceptions, such as candied or maraschino cherries, sweet pickles or preserved whole currants, strawberries or cranberries, sweets are not used to garnish savory dishes. Toast or puff pastes should not, as a rule, be used on the same dish with potatoes.

Garnishes for Soups

One of the simplest garnishes for soup is a tablespoon of salted whipped cream sprinkled with a dash of paprika or a little very finely chopped parsley.

Eggs are used as garnishes of soups in the form of a baked custard cut in fancy shapes, or as egg balls. (See "Soup Accessories.") The whole yolks poached in salted water just below the boiling-point may be used; one yolk is served with each plate of soup.

Noodles, tapioca, spaghetti or macaroni cut in fancy shapes make simple and attractive garnishes for soup.

Cooked vegetables cut in thin strips or in Julienne style or in fancy shapes or slices, are often used to add color, flavor and nutritive value to a soup. Soups may also be garnished with cubes of bread or puff paste buttered and browned in the oven or fried in deep fat.

Garnishes for Egg Dishes

Eggs are usually served with toast in some form. They may be garnished with crisp slices of bacon and a spray of parsley or they may be served on a bed of chopped spinach, mashed potato or chopped meat. A sauce or purée is a very attractive garnish for poached eggs. Eggs are sometimes garnished with grated cheese or cooked egg-yolk put through a sieve.

Garnishes for Vegetables

Mashed vegetables are sometimes garnished with bits of butter and a sprinkling of paprika or finely chopped parsley. Vegetables that are cooked and served whole are often covered with grated cheese and put in the oven long enough to brown the cheese. Slices of hard-cooked eggs or egg-yolk put through a sieve may be used as a garnish for spinach.

Garnishes for Meat, Fish, Game and Poultry

Roasts of beef, lamb or mutton may be garnished with browned potatoes, croquettes of rice or potatoes, mashed potato cups filled with green peas or diced vegetables, or slices of carrot, parsnip or turnip sautéd or fried in deep fat or with boiled onions and sprays of parsley or cress.

Roast pork may be garnished with any of the above or with baked apple or sautéd apple rings filled with jelly.

Fried bananas make a suitable garnish for roast of mutton.

Chops and steaks may be served with a simple garnish of parsley or cress and a slice of lemon or in a border of French fried potatoes, Saratoga chips or lattice potatoes.

Creamed meat dishes may be served with triangles or rounds of toast, in borders of rice or mashed potato, in croustades of bread, in timbale cases or patty shells or in cups of rice or mashed potato.

Sausage, meat balls or chops are attractive arranged about a mound of rice, mashed potato, macaroni or spinach.

Roast or fried chicken may be served in a border of celery or of fried oysters or with a simple garnish of parsley or cress.

Roast duck is attractive with endive and slices of orange and olives or with rice cups filled with currant jelly; roast goose with broiled sausage, gooseberry sauce, apple or barberry jelly or cooked rings of apple; roast quail with squares of fried mush and cubes of currant jelly.

Fish steaks, broiled fish or baked fish are usually garnished with slices of lemon and parsley or cress. Slices of hard-cooked eggs are often used as a garnish for fish. Fat fish such as salmon may be garnished with slices of cucumber or of tomato or whole tomatoes stuffed. Fish may also be garnished with potatoes, peas, onions or tomato in any form.

Other garnishes that may be used to give color are olives, radishes, mushroom caps, small green pickles, strips of green pepper or pimiento.

Garnishes for Salads and Desserts

The best and simplest frame for any salad is a bed of lettuce leaves or shredded lettuce, cabbage or cress. Many salads are made more attractive by a sprinkling of chopped nuts or capers, minced green

pepper or red pimienta or a grating of cheese. A half of a nut-meat, two or three radishes cut to resemble roses, dates or prunes stuffed with nuts or cream cheese, olives whole or sliced, tiny new onions or sliced green pickles all add flavor and color.

One of the most attractive garnishes for desserts is sweetened whipped cream either plain, sprinkled with chopped nuts, cinnamon or preserved ginger or topped with a candied or maraschino cherry or a bit of jam or preserve for color. A substitute for whipped cream may be made from the whites of two eggs beaten stiff with the mashed pulp of one banana slowly added, seasoned with lemon-juice and sugar to taste.

Meringues also serve to garnish such desserts as pastries and puddings.

BUTTERED CRUMS

Melt one to three tablespoons of butter, but do not brown it. Add one cup bread-crumbs, and mix with a fork until all the crumbs are covered.

BROWNEB BREAD-CRUMS

Brown the melted fat, being careful not to scorch it. Add the crumbs and brown slowly, stirring constantly. Serve hot.

This is a convenient way to prepare crumbs when an oven is not available.

FISH

Loosely speaking, a fish is any animal habitually living either in fresh or in salt water. The main difference between fish from fresh water and those from salt water, as food, is that the salt-water fish are an important source of bromine and iodine in the diet, and are considered desirable because of the value of iodine in preventing goiter. Some of the most common salt-water fish are cod, haddock, halibut, smelts, mackerel, salmon, shad, herring, oysters, clams, scallops, lobsters, crabs, shrimps and prawns, some terrapins. Fish foods may be divided into:

White fish—Fish that have less than two per cent. fat, examples of which are smelts, flounders, yellow perch, pike, pickerel, sea bass, cod and haddock.

Medium fat fish—Fish that have two to five per cent. fat, examples of which are weakfish, brook trout, mullet, and white perch.

Fat or oily fish—Fish that contain five per cent. or more of fat, examples of which are salmon, shad, herring, lake trout, bluefish, Spanish mackerel, butterfish, and eels.

Shellfish—

Mollusks—Oysters, clams, scallops and mussels.

Crustaceans—Lobsters, crabs, shrimps, prawns, crawfish or crayfish.

Reptiles—Frogs, terrapins and turtles. The reptiles really belong to a lower order of animal than fish, but as they spend some time in water they are discussed in this chapter.

Selecting Fresh Fish

When possible, go to the market and select the fish. Fresh fish has full or bulging bright eyes, bright red gills, firm and elastic flesh, and fresh odor. Be sure that the flesh along the back-bone smells fresh; it spoils there first. Fresh fish sinks in fresh water; if it floats, it should not be used.

Selecting and Caring for Frozen Fish

Fish that is frozen immediately after it is caught, and is kept frozen until the time for cooking does not lose its flavor. It should be thawed as soon as it is taken from cold storage, and should be cooked at once. If it is left on ice over night, it will thaw without deteriorating. If necessary, it may be thawed by soaking in cold water, or it may be cooked without thawing. If water is used, the fish should be soaked

only long enough to make it pliable. Hot water or other heat should never be used for thawing. If possible, skin the fish before cooking it. Frozen fish, like other fresh fish, should have bright eyes, bright red gills, firm flesh and fresh odor.

Amount to Buy

One-third pound of fish should be allowed for each person if the fish is solid flesh. If bought in the round (whole), at least one-half pound for each person must be allowed.

Cleaning and Dressing Fish

Although fish may have been cleaned and dressed at the market, they are likely to need additional cleaning before they are cooked. If any scales have been left on, remove them with a dull knife (a sharp one might cut the skin). Draw the knife over the fish, from the tail to the head, slanting it toward the body of the fish at an angle of about 45°. Remove the head and tail, unless the fish are large enough to bake or boil whole with stuffing, or small enough to make it desirable to cook and serve them whole. Wipe the fish thoroughly, inside as well as outside, with a wet cloth, and remove all clotted blood. When thoroughly cleaned, wipe fish with a clean dry cloth and keep on a plate in a cold place until ready to use.

To Skin a Fish

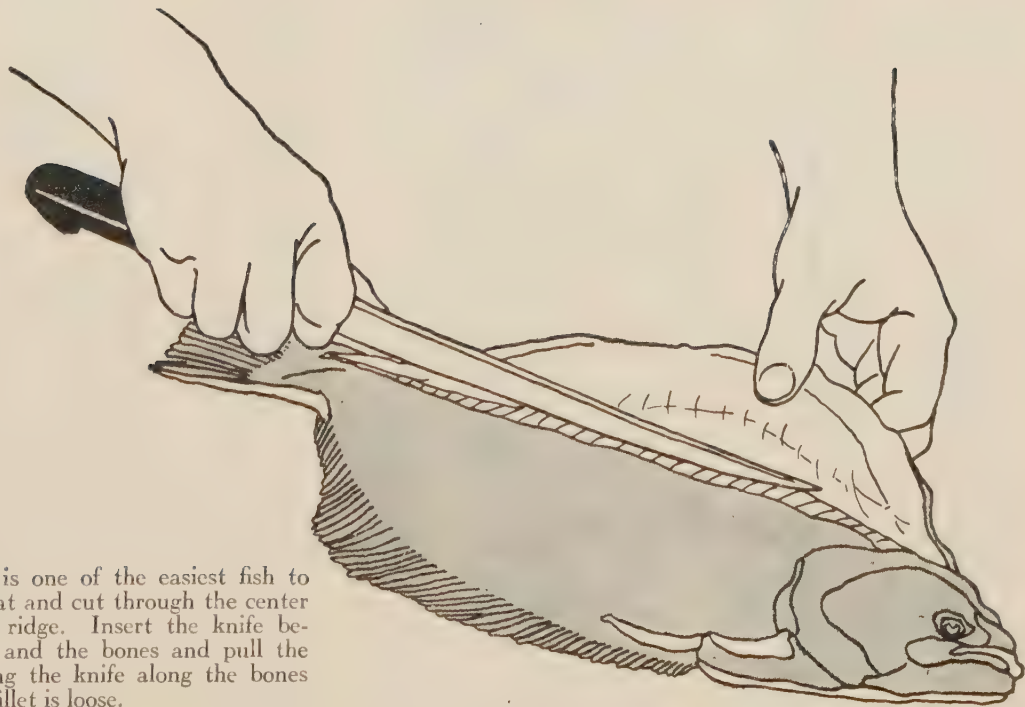
Remove the fins and cut off a strip of skin along the backbone. Cut the skin around the gills and pull it off with the hand. If the flesh is soft, work slowly and closely follow the skin with the knife, to avoid tearing the flesh.

To Bone and Fillet a Fish

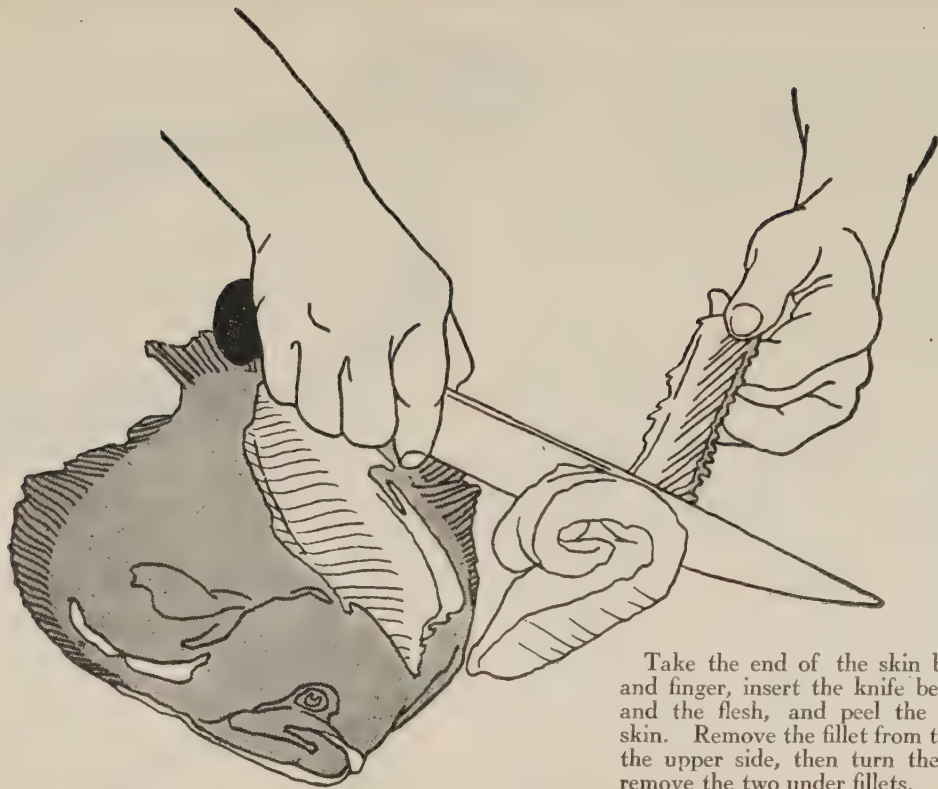
Clean and skin the fish. Insert a sharp knife close to the backbone at the tail end, and cut the flesh from the bone, working toward the head and keeping the knife as close as possible to the bone. Small bones that adhere to the flesh or are embedded in it must be removed with the fingers.

Large fish, such as cod and halibut, are easily boned; in fact, they are usually purchased in slices. Fish with many bones, like shad, can not be boned satisfactorily.

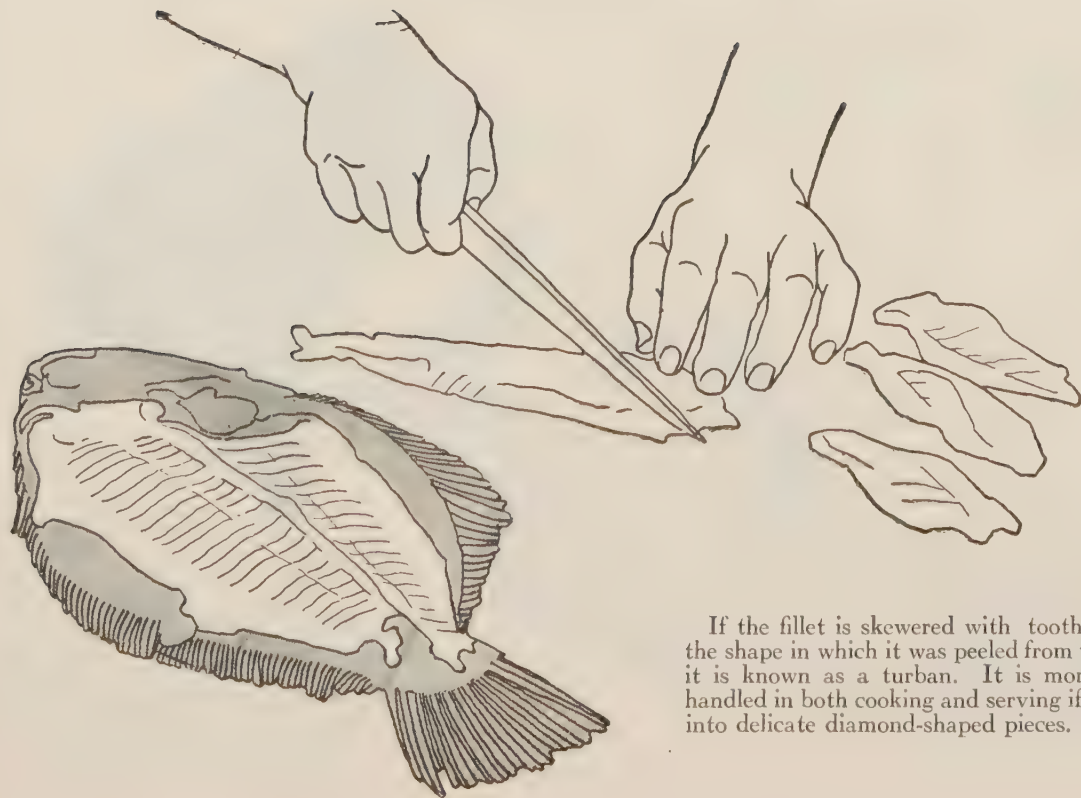
Flounders are often boned, to form fillets, and are served as "fillets of sole." The English sole is seldom imported, and most of the "fillet of sole" that is served in America is made from the flounder, which has a white, delicate flesh very similar to the sole.



The flounder is one of the easiest fish to fillet. Lay it flat and cut through the center along the bony ridge. Insert the knife between the flesh and the bones and pull the fillet off, slipping the knife along the bones until the entire fillet is loose.



Take the end of the skin between thumb and finger, insert the knife between the skin and the flesh, and peel the fillet from the skin. Remove the fillet from the other half of the upper side, then turn the fish over and remove the two under fillets.



If the fillet is skewered with toothpicks in the shape in which it was peeled from the skin, it is known as a turban. It is more easily handled in both cooking and serving if it is cut into delicate diamond-shaped pieces.

A fillet is merely a piece of fish without skin and bones. Fillets look better on the serving platter if they are approximately the same size. Rolled fillets are called turbans. They are fastened with wooden toothpicks to keep them in shape during cooking, but the picks are removed before the fish is served.

Salted, Smoked and Canned Fish

These may be had the year around. The following varieties are likely to be in any market:

Dried salt fish—Cod, haddock, hake, pollack, and whiting.

Brine-salted fish—Herring, mackerel, mullet, salmon, shad.

Smoked fish—Carp, catfish, eel, finnan haddie, hake, halibut, lake trout, pollack, salmon, sturgeon, whitefish.

Canned fish—Cod, haddock, herring, mackerel, salmon, sardines, tunafish, oysters, shrimps, lobsters, clams.

Pickled fish—Sardines, eels, sturgeon, oysters, clams, scallops, lobsters and mussels.

To freshen salt fish—Place the fish flesh side down in a large pan of fresh water and leave it there for from one to forty-eight hours, changing the water several times. If the fish is to be cooked in liquid, it will need a shorter time in water than if it is to be cooked with very little moisture.

BOILED FISH

A steamer, a fish-kettle with strainer, or large kettle with wire frying-basket is needed for boiling a large fish whole, but a plate held in a fish-cloth (a piece of coarse muslin, or cheese-cloth, kept for this purpose) may be used for fish in small pieces. Clean the fish, rub a little salt over it, wrap it in a cloth and place it in the steamer.

The fish must not be put into cold water, as that extracts the flavor, nor into boiling water, as that breaks the skin, but should be put into hot water, which may then be quickly brought to the boiling-point. After the water boils, draw the kettle to the side of the range where it will simmer.

Use enough water to cover the fish; add one teaspoon of salt and one tablespoon of vinegar or lemon-juice to every two quarts of water; these whiten and harden the meat as well as season it. After the water begins to simmer, allow ten minutes to the pound for white fish, fifteen minutes to the pound for medium fat fish, and twenty minutes to the pound for fat fish.

If you wish to serve a whole boiled fish upright, as if swimming, place a carrot inside the fish to retain its form, and arrange the garnishings so that it will keep its position on the platter. Bind the

fish to the strainer with twine when cooking. (See directions for baking fish.) A fish retains shape and flavor better in a steamer than in boiling water. In steaming, place the fish on a plate in the upper part of a steamer, allowing the same time as for boiling.

Boiled fish needs a rich sauce, such as egg sauce, Hollandaise, Béchamel or drawn butter.

Court bouillon may be used for boiling fresh-water fish or other fish without much flavor (See chapter on "Soups."). Stock in which fish has been cooked may be made into fish chowder (See soup recipes.).

FISH THAT ARE GOOD BOILED With Suggestions for Sauces and Garnishes

<i>Fish</i>	<i>Sauce</i>	<i>Garnish</i>
Codfish	Butter sauce, caper sauce, oyster sauce, shrimp sauce	Parsley or cress
Flounder	Béchamel sauce	Chopped parsley
Haddock	Egg sauce	Parsley or cress
Halibut	Béchamel sauce, creamy sauce, egg sauce, Hollandaise sauce	Parsley or cress
Mackerel	Caper sauce, parsley sauce	
Salmon	Egg sauce, Hollandaise sauce, Tartar sauce	Cress, lemon, parsley
Sheepshead	Drawn-butter sauce	Parsley and lemon
Snapper (red)	Mushroom sauce, tomato sauce	Parsley
Sole (flounder)	Béchamel sauce	Parsley
Trout	Horseradish sauce	

BOILED BLACK BASS

1 black bass	1 tablespoon butter or butter substitute
1 onion	
8 peppercorns	1 tablespoon flour
1 blade mace	Salt and pepper
½ cup milk or cream	Celery salt

Cook this fish whole, allowing twelve minutes to each pound. Boil with it the onion, peppercorns and mace.

Make a cream gravy by blending butter or butter substitute and flour, and adding one cup of the water in which the bass was boiled. Season with salt, pepper and celery salt and add milk or cream in which a pinch of soda has been dissolved. Bring to the boiling-point and serve.

Unless otherwise specified, the recipes in this chapter are based on the service of six persons. In cooking for fewer or more, decrease or increase the quantities given.

PICKLED SALMON

1 salmon (4 to 5 pounds)	1 grated nutmeg
2 quarts vinegar	6 blades mace
1 ounce peppercorns	1 tablespoon oil

Clean a fine salmon, cut it into large pieces and boil in salted water in the usual way. Drain, wrap in a dry cloth and set in a cold place till ready to use. For the pickle, use one quart of the water in which the salmon was boiled, the vinegar, peppercorns, grated nutmeg and mace. Boil for a few minutes, in a kettle closely covered to prevent evaporation of the flavor. When quite cold, pour over the salmon; then pour in the top oil. Cover closely and place in a dry cool place. This pickle will keep many months.

BONED HERRINGS

6 large herrings	Parsley
Pepper	Vinegar
Salt	6 slices buttered toast

Select fish with roes. Split, wash, scrape and remove heads, roe, and backbone. Sprinkle generously with pepper, salt, and minced parsley, then roll each piece tightly, beginning with the head, and tie with a string. Put into boiling water that is seasoned with pepper, salt and vinegar and simmer ten or fifteen minutes. Cut the roe in pieces and fry. Place the fish and roe on buttered toast, garnish and serve.

BROILED FISH

Split the fish down the back, dry thoroughly, sprinkle with salt, pepper and lemon-juice. Place fish, flesh side down, on a well-greased wire broiler. Turn and broil on skin side just enough to crisp the skin. Serve with lemon and parsley. Large fish are cut into slices one inch thick, and broiled on both sides evenly.

FISH THAT MAY BE BROILED

With Suggestions for Sauces and Garnishes

<i>Fish</i>	<i>Sauce</i>	<i>Garnish</i>
Cod	Melted butter	Lemon
Flounder	Tomato sauce, lemon sauce	Parsley
Halibut	Butter sauce, Hollandaise sauce, oyster sauce	Parsley, lemon
Mackerel	Maitre d'hôtel sauce, lemon sauce	Lemon, cucumber, parsley

FISH THAT MAY BE BROILED—*Continued***With Suggestions for Sauces and Garnishes**

<i>Fish</i>	<i>Sauce</i>	<i>Garnish</i>
Pompano	Maitre d'hôtel sauce	Cucumber, cress or lettuce salad
Salmon	Anchovy sauce, caper sauce	Chopped parsley
Shad	Maitre d'hôtel sauce, butter sauce	Parsley and radishes
Smelts	Remoulade sauce, Béchamel sauce	
Swordfish	Horseradish sauce	

BROILED HALIBUT

2 pounds halibut sliced Salt and pepper
1 inch thick Oil

Procure one or more slices of fish, cut or pull off the skin, rub with salt and pepper and brush with oil. Then broil in a double wire gridiron from six to ten minutes, according to the heat, turning the gridiron frequently. When done lay the fish on a hot platter and turn oyster sauce over it.

BROILED SALMON

2 pounds salmon sliced 1 inch Salt
thick Pepper

Dry slices of salmon in a cloth. Season with salt and pepper; lay each slice on a piece of oiled white paper, envelop it and twist the ends of the paper. Broil gently over a clear fire, six to ten minutes or until done. Serve with anchovy or caper sauce. A few chopped herbs and a little spice may be used if higher seasoning is desired. Or, sprinkle slices with salt and pepper and dredge them with flour and broil on a gridiron rubbed with suet.

BROILED SHAD

1 shad Butter or butter substitute
Salt Pepper

Prepare, season with salt and pepper, and broil on a well-greased gridiron over a bed of clear, bright coals, for fifteen minutes or more. Keep the gridiron covered with a dripping-pan while broiling, to give a more delicious flavor. Spread well with butter or butter substitute and serve.

BROILED SMELTS

12 smelts	1 tablespoon salt
3 tablespoons butter or butter substitute	$\frac{1}{2}$ tablespoon pepper
1 tablespoon lemon-juice	3 tablespoons flour

Small smelts are not always split open and cleaned, but the entrails are squeezed out carefully so as not to bruise the fish, and the heads are sometimes left on. When the smelts are large, however, cutting down the belly to remove entrails is more satisfactory. Put butter or butter substitute, lemon-juice, salt and pepper in a deep plate on the back of the stove where the fat will slowly melt. On another plate, place the flour. Wash and wipe the fish and roll it in the melted, seasoned fat, and then lightly in the flour. Arrange on a double broiler and cook four or five minutes over clear coals. Serve on a warm dish with remoulade sauce.

BROILED SPANISH MACKEREL

1 Spanish mackerel (3 to 4 pounds)	Oil or melted butter or butter substitute
Salt	Parsley
Pepper	Lemon-juice

Split the mackerel down the back, season with salt and pepper, rub it all over with oil or melted butter or butter substitute and broil on a gridiron over a moderate fire. When one side is browned, turn, and brown the other. If the fish is very large, one-half of it may be broiled at a time. Serve with lemon sauce after strewing butter or butter substitute, parsley and lemon-juice over it. Flounder may be broiled in the same way.

BROILED POMPANO

This is a southern fish and very delicate. Follow directions for "Broiled Shad." Serve with cucumbers or green salad.

BROILED SWORDFISH

See directions for "Broiled Halibut."

BAKED FISH

Dress and stuff the fish and sew up the opening with a trussing-needle. If a white or medium fat fish is used, cut three or more slits in its sides and insert a strip of salt pork in each. Fat fish needs no

larding, it has fat enough in itself. In order to have the fish cook evenly, it is better to keep it upright; pass a piece of twine through the head, the middle of the body, and the tail, and draw the fish into the shape of a letter S, which gives it a broader base.

Place a cloth or a rack in the bottom of a baking-pan, strew upon it minced salt pork and a few slices of onion and tomato. (The purpose of the rack or cloth is to aid in removing the fish from the baking-pan.) Upon these place the fish itself. Dredge with salt, pepper and flour and lay on more salt pork; place in a hot oven, add a cup of boiling water and cover. Cook ten to fifteen minutes to each pound, basting frequently, adding water after each basting if necessary. Milk may be used instead of water in baking dry fish steaks. If a dripping-pan is used, it is not necessary to add water, and fish has more flavor if cooked without water.

FISH THAT MAY BE BAKED WHOLE

With Suggestions for Stuffings, Sauces and Garnishes

<i>Fish</i>	<i>Stuffing</i>	<i>Sauce</i>	<i>Garnish</i>
Bass (sea)	Bread stuffing No. 1 or 2	Tomato sauce	Tomato and parsley
Bluefish	Bread stuffing No. 1 or 2	Sauce made by boiling the stock in pan plus one large tablespoon catchup and one tablespoon browned flour mixed with cold water	Parsley and lemon slices
Cod	Oyster stuffing	Oyster sauce	Lemon
Haddock	Pickle-caper	Drawn butter, egg sauce, Hollandaise sauce	Lemon and parsley
Mackerel	Pickle-caper		Lemon
Shad	Bread stuffing No. 1 or 2		Lemon, tomatoes
Tilefish	Bread stuffing No. 1 or 2	Maitre d'hôtel sauce	Parsley
Weakfish	Bread stuffing No. 1 or 2	Lemon-juice	
Whitefish	Bread stuffing No. 1 or 2	Egg sauce	Egg
	Pickle-caper	Hollandaise sauce	Lemon

FISH THAT MAY BE BAKED IN STEAKS, CUTLETS OR FILLETS

With Suggestions for Sauces and Garnishes

<i>Fish</i>	<i>Sauce</i>	<i>Garnish</i>
Cusk		Lemon
Flounder	Egg sauce	Egg
Haddock	Oyster sauce	Lemon
Halibut	Brown sauce, Hollandaise sauce, tomato sauce, mushroom sauce	Tomatoes, peas, parsley
Mackerel (horse)		Lemon
Salmon	Lemon sauce	Parsley and lemon
Sturgeon	Drawn butter	Parsley and lemon
Tile	Tomato sauce	

BAKED BLUEFISH

1 medium-sized bluefish	Lemon
Bread stuffing No. 1 or 2	1 tablespoon catchup
Parsley	1 tablespoon flour

Prepare for cooking. Stuff. Sew the fish up or tie it with string. Pour a little water over it, and bake one to one and one-fourth hour, basting often. It need not be larded, as it is sufficiently rich in itself. Garnish with parsley and lemon slices.

Boil up the gravy the fish was baked in, adding one large tablespoon of catchup, one tablespoon of browned flour mixed in cold water, and serve as sauce passed with the fish. Or serve with cream gravy given under recipe for boiled bass. In the latter case, garnish only with parsley.

BAKED HALIBUT STEAK

2 pounds halibut steak	1 cup milk
Butter or butter substitute	Pepper and salt

Rub steaks well with butter or butter substitute, pepper and salt. Lay steaks in baking-pan and pour the milk over them. Baste often while cooking, until all the milk is used. Serve with mushroom sauce.

BAKED STURGEON

2 pounds sturgeon	Pepper
Butter or butter substitute	Salt

Prepare for cooking. Wash the fish and parboil for fifteen minutes; then put it in a pan with a little water and bake very slowly about an

hour, sprinkling with salt and pepper and basting with butter or butter substitute occasionally. Serve with drawn-butter sauce.

BAKED WHITEFISH

1 medium-sized whitefish
Bread stuffing No. 1 or 2

Butter or butter substitute

Prepare for cooking. Wash whitefish carefully, dry, and stuff; sew up with twine and put in a pan with enough water to keep from scorching. Baste frequently with butter or butter substitute and water. Serve with egg sauce.

HALIBUT CREOLE (BAKED)

2 pounds halibut
2 cups stewed tomatoes
1 cup water
3 cloves
1 slice onion

2 tablespoons butter or
butter substitute
1 tablespoon flour
Salt and pepper

Put the tomatoes, water, cloves and onion on the stove in a stewpan to boil. Mix the butter or butter substitute and flour together, stir them into the sauce when it boils and add the salt and pepper. Cook ten minutes and strain into a bowl.

Pour boiling water into a deep plate to the depth of one-half inch, and lay the fish in it for one minute, skin side down; when the fish is removed from the water, the black skin can be taken off easily. Wash the fish in cold water, season with salt and pepper and lay it on the baking sheet in a dripping-pan, put sliced lemon on top, then pour half the tomato sauce around the fish and bake for thirty to forty-five minutes, basting three times with the remainder of the tomato sauce. Pour the sauce remaining in the bottom of the pan around the fish on the serving platter.

FILLET OF FLOUNDER AU GRATIN

5 pounds flounder
2 tablespoons flour
3 tablespoons butter or butter
substitute
1 cup fine bread-crumbs

1 bay-leaf
2 cups chicken stock
1 tablespoon lemon-juice
1 slice onion
Salt and pepper

Fillet and cut the fish into pieces about four inches long by three wide. (See directions for filleting fish.) Oil a baking or gratin dish and lay the fillets in it. Sprinkle salt and pepper over them and set in a cool place till needed.

•Rub together flour and butter or butter substitute; add onion, bay-leaf, chicken stock, and salt and pepper as needed. Simmer gently twenty minutes and then add lemon-juice, strain the sauce and pour it over the fish. Season lightly with salt and pepper, sprinkle bread-crumbs over the sauce and fish. Bake twenty minutes in a hot oven and serve at once in the same dish.

FRIED FISH

After cleaning, dry the fish, sprinkle with salt and pepper, dip in fine bread-crumbs, flour or corn-meal, in egg, and then in crumbs, flour or corn-meal again, and fry in deep fat. (See directions for deep-fat frying.) Small fish are cooked in this way with or without head and tail; also fish steaks, fillet, or turbans. The skin is usually removed, though in some cases (for example, the perch) if the skin has not been removed by the fish dealer, it is very difficult to get it off. In this case, dip for a moment into boiling water and remove at once.

The following fish are fried whole: smelts, small flounders, small whittings (with tails twisted and put into their mouths), small herrings, small perch. Larger fish such as eels, halibut, cod, large flounder and sole are cut in four-inch lengths or made into fillets or turbans before frying.

Fried fish are usually served with Tartar sauce, anchovy sauce or with lemon.

Panned Fish

Clean, wash and dry fish, rub in flour which has been seasoned with salt and pepper or dip in egg and crumbs and sauté in a saucepan in a small amount of fat. Any fish that can be fried can be panned.

FRIED SMELTS

12 large smelts

Crumbs

Salt and pepper

Beaten egg

Sprinkle with salt, dip in crumbs, beaten egg, and again in crumbs. Fry in deep fat. Serve with Tartar sauce.

FRIED EELS

2 pounds eels

Corn-meal or flour

Salt and pepper

Cut skinned eels into four-inch lengths, and season with salt and pepper. Then roll them in salted corn-meal or flour, and fry in deep fat. They may be egged and crumbed and then fried.

FRIED FLOUNDERS

2 pounds flounder	Salt and pepper
(small flounders are best)	Flour

Clean, dry and score across, but do not cut them in pieces. Sprinkle with salt and pepper. Roll in flour, drop in deep fat and cook till brown. Serve with anchovy sauce or Tartar sauce.

FRIED HALIBUT

2 pounds halibut steaks	Salt and pepper
1 inch thick	Cracker-dust or crumbs
Egg	

Carefully wash and dry firm slices of the fish and remove the skin. Salt and pepper each slice, dip in beaten egg and then in cracker-dust or crumbs. Fry in deep fat, turning so as to brown both sides. If preferred, wash, dry and season the slices as directed, then dredge with flour and fry in hot pork-drippings, made by frying thin slices of salt pork until brown.

FRIED WHITEBAIT

1 pound whitebait	Salt and pepper
Flour or fine white corn-meal	

Place the fish in a wire basket, dip for a moment in a pan of clear, cold water, shake to drain well and turn out on a soft cloth to partly dry them. Sprinkle with flour or fine white corn-meal until quite covered. Salt and pepper. Have ready a kettle of deep fat, place a quantity of the fish in a frying-basket and immerse them in the fat. They take but a moment to brown. Stir them in the basket while cooking, so they will not adhere to each other. Drain on soft yellow paper and keep very hot. Serve with Tartar sauce.

FRIED WHITINGS

1 pound whittings	Salt and pepper
Egg	Bread-crumbs

Skin and clean the fish. Bend until the tail of each can be put into the mouth. Egg and crum, sprinkle with salt and pepper and fry in deep fat. Serve on a napkin, accompanied by fried parsley and anchovy sauce.

FRIED FRESH HERRINGS

2 pounds fresh herrings
with roe

Salt and pepper
Flour

These should be very carefully scaled and cleaned but have the roes left in. Dry in a cloth, roll them in flour, season with salt and pepper and fry in deep fat eight to ten minutes, until nicely browned. If preferred, the heads, tails and back bones may be removed before frying.

FRIED PERCH

2 pounds perch
Egg

Salt and pepper
Crumbs or flour

The scales are difficult to remove from perch. If they have not been taken off by the fish dealer, dip the fish for a moment or so in scalding water and scale or skin at once. Freshly caught perch may be skinned easily. Wash, dry, dip in beaten egg, then in crumbs or flour, salt and pepper, and fry in deep fat for ten minutes.

FRIED CODFISH

2 pounds codfish steaks
Beaten egg.

Salt and pepper
Bread or cracker-crumbs

Wash the steaks carefully, sprinkle with salt and pepper, dip in well-beaten egg, roll in bread or cracker-crumbs and fry in deep fat.

PANNED PORGIES

6 porgies
Flour or cracker-crumbs

Salt and pepper
Salt pork

Clean, soak in salted water for ten or fifteen minutes, then cut off the heads and tails, season with salt and pepper, and roll in flour or cracker-crumbs. Cook in a frying-pan in which slices of salt pork have been fried crisply until of a delicate brown.

PANNED BROOK TROUT

6 brook trout
Flour
Lemon

Salt and pepper
Pork-drippings or lard

Wash, dry, flour, salt and pepper the trout, and sauté in pork-drippings or lard. Serve with slices of lemon.

FILLET OF SOLE (FLOUNDER)

2 pounds fillet of sole (flounder)
Egg

Salt and pepper
Crumbs

A large sole (flounder) will make four fillets. Roll up each fillet, season with salt and pepper, dip in egg, then in crumbs and fry in deep fat; or gently simmer half of the fillets in salted water from six to ten minutes and then serve with the fried ones, having the boiled ones in the center of the dish. Serve with a white sauce, or with Tartar sauce.

PLANKED FISH

Scale the fish. Split it down the back, clean, wash and wipe dry as usual. Prepare a plank of oak or hickory, about one and one-half inch thick, and put in the oven to heat. If using a gas stove, place it directly under the gas in the broiler, having the side which is to hold the fish nearest the flame.

Rub the fish all over with oil, salt and pepper. Lay it skin side down on the plank, and put the plank on the upper grate of the oven, or use the broiler of a gas stove. Cook about one-half hour, spreading melted fat over the fish while it is in the oven if there is a tendency to dryness. If the fish has roe, the roe may be broiled on the plank beside the fish, or the roe may be boiled, mixed with a little white sauce, well seasoned, and spread over the thinnest part of the fish, five minutes before it is finished, and covered with crumbs.

Have ready freshly made mashed potato and form a border of this around the fish by pressing it through a pastry-bag. Set the plank in the oven until the potato has browned, then send to table garnished with lemon and parsley.

The size of the plank will depend on the size of the oven, but it must be at least three inches wider than the fish. Whitefish or shad are best for planked fish.

FISH ROE AND MILT

The roe (eggs) of many fish, which are available during the Spring, make excellent and often delicate food. Shad roe are most frequently used, but the roe of mackerel and of flounder are just as palatable and are usually much cheaper. When small fish contain roe, do not cook the roe in the fish; remove it and cook it as a separate dish.

To prepare roe for use—Parboil it in salted, acidulated water (one tablespoon vinegar or lemon-juice to one quart water) and simmer eight to ten minutes. Drain, cool, and pick out the pieces of membrane; the roe is then ready for any recipe.

Milt

The part of the male fish that takes the place of the roe of female fish is called the milt, and may be prepared and cooked in just the same way. The blue vein that runs through the center of salmon milt should be removed before the milt is cooked.

BAKED ROE

1 to 1½ pound roe	Salt and pepper
Butter or butter substitute or savory oil	Flour

Boil the roe as directed. Drain, and lay it on an oiled tin plate. Dredge the roe well with pepper and salt, spread soft butter or butter substitute or savory oil over it, and dredge plentifully with flour. Bake in the oven thirty minutes, basting frequently with salt, pepper, water and fat or savory oil, dredging lightly with flour after each basting.

SHAD-ROE CAVIAR

1 cup shad roe	⅓ cup salt or ⅓ cup prepared caviar
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Mash the cooked roe very carefully, then mix with the salt. Beat thoroughly and let it stand for an hour before serving. If preferred, the shad roe may be mixed with prepared caviar instead of salt.

FRIED ROE

1 to 2 pounds shad roe	Salt and pepper
Beaten egg	Cracker-crums

Parboil the roe as directed. Drain, roll in beaten egg and then in cracker-crums. Season with salt and pepper, and fry in deep fat until brown.

SCALLOPED ROE

1 to 2 pounds shad roe	Chopped parsley
1 cup medium white sauce	Salt and pepper
Egg-yolk	Lemon-juice
Bread-crums	

Boil roe as directed, drain and break the roe up lightly with a fork. Sprinkle a layer of roe in a baking-dish; add one-half the yolk of an egg, well beaten, dropping it over the top of the roe, next sprinkle

lightly with finely chopped parsley, salt and pepper to taste and a few drops of lemon-juice; then add a layer of the white sauce. Repeat the layers of roe, egg, seasoning and sauce, cover with bread-crumbs and bits of butter or butter substitute and bake until brown. If a large dish is required, use with the roe any cold flaked fish left from a former meal. Any kinds of roe may be prepared in this way.

COOKED AND CANNED FISH

FISH SOUFFLÉ

1 cup cooked fish	$\frac{1}{2}$ cup milk
1 cup mashed potatoes	Salt and pepper
2 eggs	

Mix cold cooked haddock, or other cold left-over fish, with mashed potatoes, milk, salt and pepper. Stir in one egg, well beaten. Put in an oiled mold or dish and set in the oven until hot. Beat the white of the other egg stiff and stir into it the beaten yolk seasoned with salt and pepper; heap this over the fish and brown.

FISH TIMBALE

1 cup boiled or canned fish	$\frac{1}{2}$ cup butter or butter
$\frac{1}{2}$ cup cooked mushrooms	substitute
1 cup bread-crumbs	Salt, pepper and nutmeg
2 cups milk or cream	4 eggs

Use any delicate fish, such as halibut, whitefish, cusk or salmon. Remove the bones and skin, and pound the meat very fine, so it may be rubbed through a soup-strainer. Mushrooms mixed with the fish before it is strained will greatly improve its flavor.

Cook bread-crumbs ten minutes in milk or cream, and add butter or butter substitute, salt, pepper or paprika and a few gratings of nutmeg. When this is cold, add the fish, beat the whole thoroughly, add the eggs, also well beaten, and place the mixture in a nicely oiled mold. Cover the mold with oiled paper, set it in a deep baking-pan, place it in the oven, and pour water into the pan until it is within one inch of the top of the mold. Cook for three-quarters of an hour, leaving the oven door slightly open. Hollandaise and tomato sauce are both excellent to serve with fish timbale.

SALMON PUFFS

2 cups cooked salmon, fresh or canned	$\frac{1}{2}$ cup soft bread-crumbs
Salt and pepper	1 tablespoon lemon-juice
	3 eggs

Remove the skin and bones from the salmon, chop the meat fine, and add salt, white pepper or paprika, soft bread-crumbs, lemon-juice or vinegar, and well beaten eggs. Mix thoroughly, and pack in six or eight oiled cups, filling the cups even full. Set the cups at once in a pan containing hot water that comes to about an inch below their tops, and bake for one-half hour. If the oven is very hot, lay a sheet of thick paper over the cups. Turn out upon a hot platter, thrust a sprig of parsley or celery, or a clove, into the center of each puff, and pour about them any good fish sauce.

SALMON AU GRATIN

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| 1 cup cooked salmon, fresh or
canned | Salt and pepper
2 tablespoons lemon-juice |
| 1 cup drawn-butter sauce | Bread-crumbs |

Flake the cold salmon, mix with the drawn butter, salt, pepper and lemon-juice. Fill little earthen dishes with the mixture, cover with fine bread-crumbs, and brown.

SALMON LOAF

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| 2 cups cooked salmon, fresh or
canned | 4 tablespoons butter or
butter substitute |
| 2 eggs | Salt and pepper |
| ½ cup fine bread-crumbs | Minced parsley |

Flake the fish with a silver fork. Add the eggs beaten lightly, the melted butter or butter substitute, the bread-crumbs, salt, pepper and minced parsley. Put in a greased mold, and steam for an hour. When cold, arrange on a platter and garnish with slices of lemon, cucumber, and parsley.

TUNAFISH WITH CAPER SAUCE

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|--|-----------------------------|
| 2 cups cooked tunafish, fresh
or canned | ½ teaspoon salt |
| 2 tablespoons butter or but-
ter substitute | 1½ cup milk |
| 2 tablespoons flour | 3 tablespoons capers |
| | Paprika |
| | 1 tablespoon minced parsley |

If canned fish is used, turn it from the can on to a plate and steam it until it is hot. In the meantime, melt the butter or butter substitute, stir in the flour and salt, and gradually add the milk. Add the capers. Transfer the fish to a platter, pour the sauce over it and dust lightly with paprika and parsley.

Fresh cooked fish may be heated in the sauce, or heated separately and served with sauce poured over it.

KEDGEREE (A BREAKFAST DISH)

2 cups cooked fish, fresh or canned	1 cup cooked rice
4 tablespoons butter or butter substitute	Salt and pepper
	2 hard-cooked eggs

Free the fish from skin and bone. Melt butter or butter substitute in a saucepan, add the fish and stir gently. Put in the rice, the whites of the hard-cooked eggs, and season to taste with salt and pepper. Move gently about over the fire until thoroughly hot, and serve on a flat dish with the yolks of the eggs, pressed through a ricer, over the top.

SCALLOPED FISH

2 cups cooked fish, fresh or canned	2 hard-cooked eggs
$\frac{1}{2}$ cup mashed potatoes	1 tablespoon butter or butter substitute
2 cups milk	Salt and pepper
2 tablespoons corn-starch	1 cup bread-crumbs

Heat all the milk except one-fourth cup in a double boiler, add the corn-starch stirred up with the remaining cold milk, cook twenty minutes, stirring frequently. Add butter or butter substitute, rub smooth the yolks of the eggs and add them to the sauce, and then the whites after they have been passed through a sieve. Flake the fish, add the potatoes and season with salt and pepper. Oil a baking-dish, put in a layer of the fish mixture, cover with sauce, add another layer of fish, then more sauce, and so on until all is used. Cover the top with the bread-crumbs, add small bits of butter or butter substitute and bake for fifteen minutes in a quick oven.

DRIED AND SALT FISH**CREAMED CODFISH**

1 cup salt codfish	2 tablespoons butter or butter substitute
1 cup milk	
1 egg	2 tablespoons flour

Separate the fish into very small pieces and leave in cold water for three hours, changing the water three times. Heat the milk in a double boiler. Add the codfish, well drained, and cook for ten minutes. Mix the butter or butter substitute with the flour until a smooth paste is formed, then stir it into the milk. Cook ten minutes. Take the dish from the heat, add the beaten egg, stir well and serve without further cooking, adding a sprinkling of pepper just before dishing. If the sauce is cooked after the egg is added, the milk is likely to curdle. The egg may be omitted.

CODFISH À LA MODE

1 cup salt codfish	$\frac{1}{4}$ cup butter or butter
2 cups mashed potatoes	substitute
2 cups milk or cream	Pepper
2 eggs	

Pick very fine and freshen salt codfish as in preceding recipe; mix with mashed potatoes, milk or cream, well-beaten egg, butter or butter substitute and pepper. Bake in an earthen dish twenty or twenty-five minutes.

CODFISH BALLS

1 cup salt codfish	2 tablespoons butter or
4 cups sliced raw potatoes	butter substitute
2 tablespoons milk or cream	Pepper
1 egg	

Pick all the bones from the fish, shredding the latter finely, and slowly boil the fish and the sliced potatoes together in plenty of water, until the potatoes are soft. Drain them, mash both together, and beat until fine and light; then add the pepper, butter or butter substitute and milk, and the egg well beaten, mixing all thoroughly with a spoon. Shape into balls. Fry in a frying-basket, in deep fat.

CODFISH SOUFFLÉ

1 cup salt codfish	1 tablespoon butter or
2 cups raw potatoes	butter substitute
2 tablespoons milk or cream	Pepper
2 eggs	

Place the fish and potatoes together in enough boiling water to cover them, and let them boil until the potatoes are done. Drain thoroughly mash the potatoes and fish, and beat them well with a fork, adding white pepper, butter or butter substitute, milk or cream. The mass should be made light with vigorous beating. Then beat in the well-stirred yolks of two eggs, and lastly, fold in the well-whipped whites. Arrange the soufflé in an oiled baking-dish and bake about twenty minutes, until it is brown. Serve with cucumber pickles, pickled peppers, horseradish or fresh cucumbers.

SALT FISH WITH EGGS

2 cups salt fish	2 cups milk
4 tablespoons butter or butter substitute	4 tablespoons flour
	2 hard-cooked eggs

Soak fish over night, cook in fresh water, flake. Make a white sauce with the fat, flour and milk. Add the flaked fish to the white sauce and pour on to a warm platter. Cut the eggs into slices and arrange in a circle on top. Serve at once.

SALT MACKEREL

1 salt mackerel	4 tablespoons flour
2 cups milk	4 tablespoons butter or
Salt and pepper	butter substitute

Clean the fish by scraping off rusty-looking portions and also the thin black membrane found on the inside, and leave it over night in plenty of cold water, with the skin side up. In the morning, drain the fish and place it in a frying-pan, cover with fresh water, and slowly heat to the boiling-point. Drain off this water, add just enough fresh water to cover the fish and boil slowly until tender. Lift the mackerel out carefully (a pancake-turner will be found most convenient for such work) and place it on the serving-dish in the oven to keep hot while the gravy is being prepared.

To one cup of the water left in the frying-pan after the removal of the fish, add the two cups of milk. When the liquid boils, add the flour stirred to a paste with butter or butter substitute, and season with salt and pepper. Let the gravy boil slowly three or four minutes, stirring constantly until smooth. Pour it over the mackerel.

BAKED SALT MACKEREL

1 salt mackerel	2 tablespoons butter or
1 pint milk	butter substitute
2 tablespoons flour	Pepper

Wash the mackerel well, and soak it over night in three quarts of cold water, with the skin side upward. In the morning drain it and lay the fish on its back in a shallow baking-tin just large enough to hold it, and pour over it one pint of milk. Bake twenty minutes in a hot oven, stirring into the milk at the end of fifteen minutes a smooth paste made of the flour and butter or butter substitute, with a sprinkling of pepper. Serve with the thickened milk poured around the fish. This makes a very palatable breakfast fish.

BROILED SALT FISH

Soak in tepid water twenty-four hours, changing the water several times. At the hour wanted, broil, season to taste, dotting with bits of butter or butter substitute. All kinds of salt fish may be broiled in this way.

BROILED FINNAN HADDIE

1 finnan haddie

Oil

Lemon-juice

Soak the fish in cold water for three-quarters of an hour, then lay in boiling water for five minutes. Wipe very dry, rub oil and lemon-juice into the fish and broil over a clear fire for fifteen minutes. Serve with hot butter sauce.

CREAMED FINNAN HADDIE

1 cup flaked finnan haddie,
fresh-cooked or canned1 cup medium white sauce
Salt, pepper, paprika

If the whole fish is used, put it in a baking-pan, cover with cold water, and after soaking twenty minutes, bring the water to a boil. Set on the back of the range to simmer for one-half hour. Drain, rinse, and with a fork separate the fish into flakes. Canned finnan haddie should be steamed. To one cup of fish, add one cup of medium white sauce. Bring to a boil; season with salt, pepper and a liberal quantity of paprika.

OYSTERS

Oysters, to be safe and palatable food, must be perfectly fresh. Buy them in the shells, if possible, and when purchasing them without shells be sure that the liquor is clear; if it is cloudy, the oysters should not be used.

Opening Oysters

In opening oysters hold them firmly with the thick part of the shell toward the palm of the hand. Wash the shell thoroughly and then push a strong thin flat knife between the shells near the back and run it along until it cuts the strong muscle which holds the shells together.

Cleaning Oysters

Put the oysters in a strainer over a bowl and save the liquor that comes through, to be used in cooking the oysters, as in stews, etc. Then carefully examine each oyster and with the fingers remove all particles of shell. They are then ready to use in any way desired.

OYSTERS ON THE HALF SHELL

Raw oysters are served either on the half shell packed in crushed ice, on oyster plates, or in a block of ice. Allow to each person five or six oysters and one-fourth of a lemon, and also pass with the oysters thin slices of delicately buttered brown or graham bread.

OYSTER COCKTAIL

30 medium oysters	1 teaspoon salt
2 teaspoons prepared horse-radish	2 tablespoons vinegar
3 tablespoons tomato catchup	4 tablespoons lemon-juice
	$\frac{1}{4}$ teaspoon tabasco sauce

Where fresh oysters are obtainable, they are usually served on the half shell, on a plate of crushed ice, around a small glass holding the cocktail mixture. When it is not possible to get the oysters in the shell, cocktails may be served in ice shells made for this purpose, or in cases made from green-pepper shells, in halves of grapefruit, or in large claret glasses. Put five medium oysters into each glass and pour the dressing over them. To make the dressing, mix horse-radish, tomato catchup and vinegar, lemon-juice and tabasco sauce, and salt thoroughly. Both oysters and dressing should be very cold.

PANNED OYSTERS

1 pint large oysters	$\frac{1}{4}$ cup oyster-juice
6 slices buttered toast	

Lay the oysters in a shallow dripping-pan, and pour over them a small quantity of oyster-juice, but not sufficient to raise or float them. Place the dish carefully in a hot oven and just heat the oysters through, being careful not to bake them. Moisten hot buttered toast with the hot juice from the oysters and serve the oysters on the toast.

LITTLE PIGS IN BLANKETS

24 large oysters	Salt and pepper
24 very thin short slices fat bacon	Parsley

Season the oysters with salt and pepper. Wrap one oyster in each slice of bacon and fasten with a toothpick. Heat a saucepan and put in the little pigs; cook just long enough to crisp the bacon, about five minutes. Cut slices of toast into quarters and place one pig in its blanket on each small slice of toast. Serve immediately, garnished with parsley.

CREAMED OYSTERS

1 pint oysters	6 tablespoons flour
4 tablespoons butter or butter substitute	1 pint rich milk
	Salt and pepper

Heat the oysters in their own liquor until the edges curl. Make a white sauce with the fat, flour and milk. Combine the oysters and sauce, add seasoning and serve.

FRIED OYSTERS

1 pint oysters	2 eggs
1½ cup milk	2 cups flour
1 teaspoon salt	

Scald the oysters in their own liquor, and drain them thoroughly on a cloth. Make a batter with the milk, egg, flour and salt and dip the oysters in it. Fry a light brown, in deep fat, drain and serve. Seasoned bread-crumbs may be used instead of the batter.

OYSTER BUNDLES

6 thin slices turkey breast	6 large oysters
6 thin slices bacon	Parsley

Spread each slice of turkey over a thin slice of bacon and roll the two around an oyster, so as to form a little bundle. Tie each of these securely, place in a baking-pan and bake long enough to cook the bacon. Serve in a dish garnished with parsley.

BAKED OYSTERS

30 oysters in the shell	Salt and pepper
Butter or butter substitute	

Wash the oyster shells thoroughly by scrubbing with a brush. Place with the deep shell down in a baking-pan in a very hot oven, bake until the shells open, remove the upper shells, add a little butter or butter substitute, salt and pepper to each oyster, and serve in the undershells.

OYSTERS EN BROCHETTE

30 large oysters	6 slices toast	¼ pound bacon
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Cut the bacon into thin strips and cut the strips into squares about the size of the oysters. String the oysters and bacon squares alternately on six long, slender steel skewers, being careful to run the skewers through the hard part of the oysters. Place the skewers across a narrow, deep baking-tin so that the oysters will hang down but not touch the bottom of the tin; leave space between the skewers so that the heat will pass evenly around them. Cook in a very hot oven for five minutes, or long enough to crisp the bacon. Place a skewer on each slice of toast. Pour the juice in the pan over the toast and serve immediately.

BROILED OYSTERS

30 large oysters	Salt and pepper
Butter or butter substitute	Bread-crums, if desired

Dry the oysters on a towel; sprinkle them with salt and pepper and lay them in an oyster broiler (a fine-mesh broiler). Brown on both sides. Serve on a hot plate with melted butter or butter substitute poured over them. The oysters may be rolled in bread-crums before broiling, if preferred.

OYSTERS WITH MUSHROOMS

1 cup oysters	3 tablespoons butter or butter substitute
1 cup cooked mushroom (fresh or canned)	1 teaspoon onion-juice
1½ cup milk	½ teaspoon lemon-juice
3 tablespoons flour	2 egg-yolks or 1 egg
½ teaspoon salt	

Drain the oysters and put them in a hot pan. Cook until the edges begin to curl, then remove to a hot dish. Make a sauce by adding to the oyster liquor the juice from the mushrooms, and enough milk to make a pint. Thicken this with flour blended with butter or butter substitute and cook two to five minutes. Add chopped mushrooms, onion-juice, lemon-juice and a little salt.

Beat the yolks of the eggs; add a little of the hot mixture, slowly, then all of it. Add the oysters, and cook over hot water until the eggs thicken, stirring constantly. Serve at once.

OYSTERS SAUTÉD

30 oysters	Salt and pepper
Bread or cracker-crums	

Drain the oysters well, season with salt and pepper and roll in fine bread or cracker-crums. Place two or three tablespoons clear fat or butter in a saucepan and when it becomes very hot drop in enough oysters to cover the bottom of the pan. When one side is browned, turn the oysters carefully to brown the other side. Add more fat as needed. The iron pancake griddle is often used for this purpose, when many oysters are to be cooked at one time. Serve very hot on toast.

OYSTERS STEAMED IN THE SHELL

30 oysters in the shell	Salt and pepper
Butter or butter substitute	

Carefully wash the oysters and place them in an air-tight pan or dish, so that the deep shell will hold their juice as they open. Place the dish

over the steam of a pot of boiling water and keep the water boiling rapidly until the shells open. Fifteen or twenty minutes will be sufficient. Serve at once in the shells, using butter or butter substitute, salt and pepper to season them.

BAKED OYSTERS WITH SPAGHETTI

$\frac{1}{4}$ pound spaghetti	$1\frac{1}{2}$ cup milk
1 pint oysters	2 tablespoons corn-starch
Salt and pepper	2 tablespoons butter or
1 cup bread-crumbs	butter substitute
$\frac{1}{8}$ cup melted fat	

Break the spaghetti into small pieces, boil it in plenty of salted boiling water for one-half hour, or until it is quite tender, and then drain. Scald the oysters in their own liquor, reserving the liquor. Oil a baking-dish, put in a layer of the spaghetti and then a layer of the oysters, season with salt and pepper, and repeat the layers until all the oysters and spaghetti are used, finishing with a layer of spaghetti. To the liquor from the oysters, add enough milk to make a pint. Reserve a small quantity to mix with the corn-starch. Scald the remainder, add the scalded milk to the moistened corn-starch, stir well and cook twenty minutes in a double boiler, then add the butter or butter substitute. Pour this mixture over the layers in the dish, make a layer of the bread-crumbs mixed with melted fat (see recipe for "Buttered Crums"), and bake in a quick oven just long enough to brown the crumbs, about ten minutes.

SCALLOPED OYSTERS

1 pint oysters	6 tablespoons butter or
2 cups soft bread-crumbs	butter substitute
$\frac{1}{4}$ cup milk	Salt and pepper

Oil a baking-dish; put in a layer of crumbs, then a layer of oysters, butter or butter substitute in little pieces, salt and pepper; repeat, ending with a layer of crumbs, with small pieces of butter or butter substitute dotted over them. Do not have more than two layers of oysters. Moisten with milk and oyster liquor mixed together. Bake in a hot oven until brown and serve in the same dish.

OYSTER CASINO

30 oysters in the shell	Pepper and salt
Lemon-juice	30 one-inch squares sliced
Buttered crumbs	bacon

Wash and open the oysters. Into each shell put a half-teaspoon of strained oyster liquor, a few drops of lemon-juice, then the oyster

sprinkled with pepper and salt and covered with buttered crumbs. On each lay an inch square of bacon and set in oven for ten or twelve minutes. Shallow fire-proof earthenware dishes, with the half-shells embedded in coarse salt, are excellent for this purpose. The salt keeps the shells from tipping during baking. Where shells are not available, arrange the oysters for each portion in a shallow ramekin dish. These are excellent for Sunday-night supper or as a luncheon dish.

GUMBO OYSTERS

1 pint oysters	1 teaspoon minced green pepper
1 inch cube of salt pork cut in small dice	1 cup cooked okra
1 tablespoon minced onion	1 cup tomatoes
1 tablespoon flour	Salt and pepper
1 cup chicken broth	Boston crackers

Sauté the diced salt pork with minced onion until nicely browned; add the flour, and when well blended, put in the broth, minced green peppers and cooked okra and tomatoes. Season with salt and pepper and strain in the oyster liquor. When this is hot, put in the oysters, and as soon as they are plump, pour the mixture over hot Boston crackers, split and buttered.

DEVEILED OYSTERS

1 pint oysters	2 egg-yolks
1 tablespoon butter or butter substitute	Salt and pepper
2 tablespoons flour	1 tablespoon chopped parsley
	1 cup milk or cream

Drain the oysters, chop them coarsely, and again drain. Make a white sauce with the fat, flour and milk, remove from the fire and add the beaten yolks, the salt, pepper and parsley, and then the oysters. Fill small ramekins with the mixture, sprinkle lightly with soft bread-crumbs, dot with butter, arrange in a baking-pan, and brown (about seven minutes) in a quick oven.

OYSTERS À LA POULETTE

1 pint oysters	Salt and pepper
1¼ cup milk or cream	Nutmeg
1 tablespoon butter or butter substitute	2 egg-yolks or 1 whole egg
	2 tablespoons flour

Set the oysters on the stove to heat in their own liquor. As soon as they begin to boil, skim carefully and turn them into a strainer.

When well drained, set them aside. Add one-half cup of oyster liquor to one cup of milk or cream and make a white sauce with the fat, flour and this liquid. Season with salt, pepper, a slight grating of nutmeg and a grain of cayenne. Add one-fourth cup of cold milk or cream to the well-beaten yolks of eggs. Place the oysters in the white sauce and add to the egg mixture. Cook over hot water for three minutes, or until the eggs thicken, stirring all the time; remove from fire immediately to prevent separating. Serve with a border of puff-paste cakes, buttered toast or short-cake biscuit. If liked, one-half tablespoon of lemon-juice may be added just as the oysters are taken from the fire.

PICKLED OYSTERS

1 quart oysters	$\frac{1}{2}$ teaspoon cloves
1 teaspoon allspice	$\frac{1}{2}$ teaspoon mace
$\frac{1}{2}$ teaspoon pepper	$\frac{1}{2}$ teaspoon cinnamon
1 teaspoon salt	1 to 2 cups vinegar

Cook the oysters in their own liquor just long enough to "plump" them; then skim out and chill. Add seasonings and spices to the liquor in the saucepan and gently simmer for fifteen minutes. Remove the liquor from the fire and when it is cold add sufficient vinegar to cover the oysters entirely. Place the oysters in a jar, turn over them the spiced vinegar, and cover tightly. They will be ready for use in twenty-four hours.

Consult Index for other oyster recipes.

CLAMS

Clams, like oysters, should be purchased in the shell whenever possible. The shell opens when the animal dies, making it easy to discard the bad ones. A dead clam is dangerous food.

If obtained the day before they are to be used, cover the clams with cold water and sprinkle corn-meal over the top of the water, using about one cup of corn-meal for a peck of clams. Let them stand over night.

Open with a knife, or by steaming. If steamed, and the clams are not to be served at once, remove them from the shells and drop them into cold water, to keep them from becoming tough. A peck will yield about a quart of clams without the shells.

Cut off the siphons of large clams, as that part is very tough, and if the clams have not been treated with corn-meal, open the stomachs with a pair of scissors and scrape out the débris. Wash the clams well, to remove all sand.

CLAMS ON THE HALF SHELL

Small little neck clams are served raw on the half shell, just as raw oysters are served.

CLAM COCKTAIL

See recipe for oyster cocktail.

STEAMED CLAMS

30 clams in the shell	Juice of $\frac{1}{2}$ lemon
2 tablespoons butter or butter substitute	Salt and pepper

The little neck or hard-shell clam is the variety used. Scrub the shell with a brush and wash free of sand in several waters. Steam the clams in a steamer for ten minutes, or until opened. While the fish is steaming, prepare the following sauce: melted butter or butter substitute, lemon-juice, salt and pepper. Lay a napkin on a hot platter and place the clams in their shells on this; cover with a second napkin and serve. In eating, remove the clam from the shell and dip it in the sauce. The thin, tough part known as the neck (siphon) is not eaten.

CLAMS ROASTED IN THE OVEN

30 clams in the shell	Butter or butter substitute
Pepper and salt	

Wash the shells well with a brush and cold water. Put them in a pan in a hot oven, and bake until the shells open. Remove the top shell so as not to lose the liquor. Arrange them on plates and on each place a piece of butter or butter substitute and a little pepper and salt.

CLAM-BAKE ROAST

The seashore is the natural place for a clam-bake, but it is possible to have one at any place where there is a flat open space. Preparations should begin several hours before the time set for the meal.

Make a circle of flat stones—from two to four feet in diameter, according to the size of the party—and on this circle build a hot fire of wood. Let this burn for two or three hours. Then rake off the fire and cover the hot stones with fresh seaweed. On this lay fresh clams in their shells; also, if desired, oysters, potatoes in the skins, corn in the husk, and anything else that may be steamed. Cover with a thick layer of seaweed, and over all spread a large piece of sailcloth, fastening down the edges with stones. Leave for two or three hours;

remove the cloth and the top layer of seaweed, and rake out the clams and other food as needed.

The same materials may be cooked in a large kettle at home, using cheese-cloth between the layers, but will lack the fine flavor of the real clam-bake.

CREAMED CLAMS

1 cup clams	2 tablespoons flour
$\frac{1}{2}$ cup milk	6 slices toast
$\frac{1}{2}$ cup clam-juice	Salt and pepper
2 tablespoons butter or butter substitute	Parsley

Remove the clams from the shells and scald them in their own liquor, or steam them and then remove from the shell, being sure to save the juice. Chop them and add to a white sauce made from the milk, clam-juice, flour and fat. Serve on slices of toast with parsley as a garnish.

DEILED CLAMS

25 clams, fresh or canned	2 tablespoons bread-crumbs
1 tablespoon butter or butter substitute	2 egg-yolks
2 tablespoons flour	1 tablespoon chopped parsley
1 cup milk or cream	Salt and pepper

Drain the clams and rinse them in cold water. Make a white sauce with the fat, flour and milk or cream and put in the crumbs, the raw egg-yolks and the parsley. Remove from the fire, add the chopped clams, pepper to taste and salt if needed, fill scallop or clam shells, or small ramekins, with the mixture, brush them over with beaten yolk of egg, sprinkle with bread-crumbs, and brown in a hot oven.

FRIED CLAMS

Wash soft clams (fresh or canned) and drain them upon a soft cloth, wiping dry; then dip each clam first in beaten egg and next in bread-crumbs, and again in the egg and crumbs if much breading is liked. Have a saucepan containing hot fat an inch deep. Test the fat by dropping in a bit of the bread-crum; it should color to a golden hue at once. Lay the clams in the fat one at a time but as quickly as possible and cook them on both sides until brown—not longer than five minutes, however, as this delicate shell-fish, like the oyster, requires but little cooking. If the fat is too hot, the clams will burst. Serve very hot.

SCALLOPED CLAMS

18 opened clams
6 large clams in shell
White pepper
2 tablespoons minced
celery

48 very small dice of fat bacon
4 tablespoons cracker-dust
2 tablespoons butter or butter
substitute

Have the clams that are in the shell opened carefully, so as not to injure the shells, which are to be used in scalloping the clams. Clean the shells well with brush and water. Lay two clams in each half shell, dust with white pepper, and one-half teaspoon of minced celery, and add four of the bacon dice; cover with a very thin layer of cracker-dust, put a half teaspoon butter or butter substitute on top and bake in the oven until brown.

SCALLOPS

The nearly round, ribbed shell of the scallop is known to many who have never seen the scallop itself. Only those who live in seashore towns ever see the whole bivalve, as the non-edible portions are discarded before the edible part, the large adductor muscle, is sent to market.

FRIED SCALLOPS

1 pint scallops, fresh or
canned
Salt and pepper

Cracker-crumbs
Beaten egg

Wash the scallops, drain them and dry them thoroughly. Season fine cracker-crumbs with salt and pepper, dip the scallops in beaten egg, then in the crumbs, and fry in hot fat. If preferred, they may be simply seasoned and rolled in flour and then fried. Serve with Tartar sauce.

BROILED SCALLOPS

Use recipe for broiled oysters. Either fresh or canned scallops may be used.

CREAMED SCALLOPS

1 pint scallops, fresh or
canned

1 pint thin white
sauce

Wash and drain the scallops, add them to the sauce and cook about fifteen minutes in a double boiler.

SEA MUSSELS

Sea mussels are as agreeable to the taste as oysters, and may be eaten when oysters are out of season. Canned mussels are obtainable nearly everywhere. When fresh mussels are used, the shells may be opened by steaming, or with a knife. The horny "beard" must be removed and discarded.

PANNED MUSSELS

30 mussels in the shell	Cayenne
Butter or butter substitute	Lemon-juice
Salt and pepper	Flour

Wash the shells with a brush in cold water, and open by steaming. Remove the shells and prepare the mussels, add a piece of butter or butter substitute, salt, pepper, cayenne, and a dash of lemon-juice. Thicken with a little flour and serve as soon as the boiling-point is reached, as mussels, like oysters, are rendered tough by too much cooking.

FRIED MUSSELS

Use recipe for fried oysters.

CREAMED MUSSELS

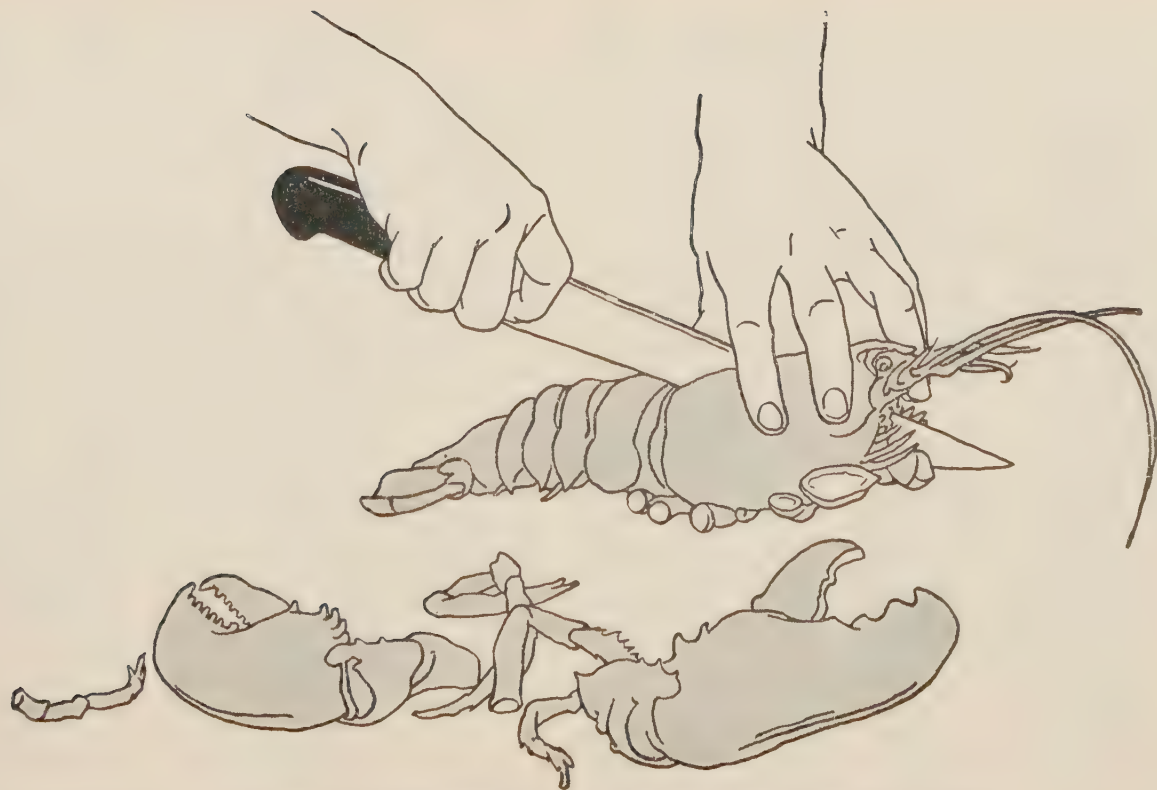
1 pint mussel meat	1 pint cream or milk
4 tablespoons flour	1 egg-yolk
4 tablespoons butter or butter substitute	Salt and pepper
	3 peppercorns

Open and prepare the mussels. Cook five minutes in their own liquor, then add the flour rubbed into the butter or butter substitute, and the peppercorns. Cook ten minutes, and pour in the heated cream or milk. Set back on the range, and stir in the yolk of the egg, thinned with a tablespoon of water or milk. Season with salt and pepper.

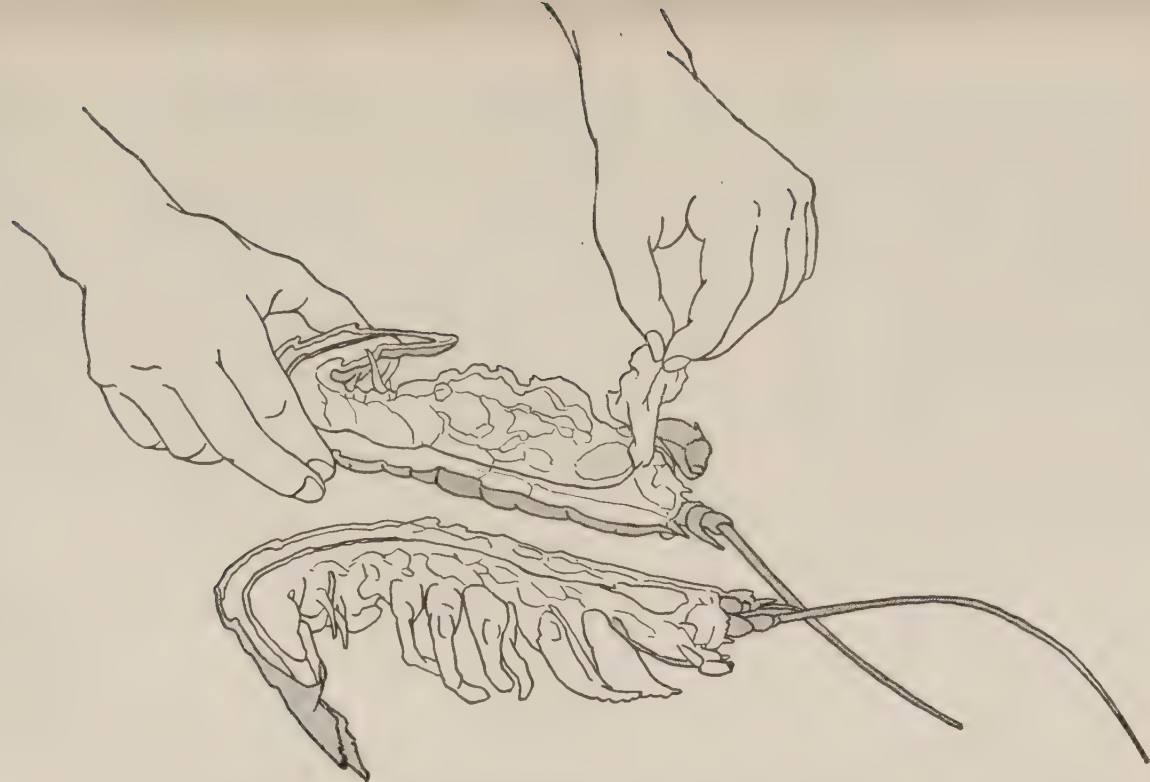
LOBSTER

Lobsters are in season from June to September, and it is possible to obtain them at any time of the year. The shell of live lobsters is usually a mottled dark green. Boiling makes the shells of all lobsters turn bright red.

Uncooked lobsters should be alive when purchased. In selecting a boiled lobster, straighten its tail; if it springs into place, the lobster was alive, as it should have been, when boiled.



To dress a boiled lobster, first chop off the claws and legs with a heavy knife or cleaver. Then cut the lobster through the middle lengthwise.



Remove and discard the stomach, a small sac just back of the head, and the intestine, which runs from the stomach to the base of the tail.

To Boil and Dress a Lobster

Plunge the live lobster into boiling water, head downward. Add one tablespoon of salt, cover the kettle and keep it boiling. A medium-sized lobster will cook in about twenty minutes. Plunge it into cold water when done and when cool enough to handle, take the meat from the shell as follows: Chop off the claws. Split the body lengthwise, remove and throw away the stomach, a small sac just back of the head. Running from the stomach to the base of the tail is the intestinal canal. If this does not pull out with the stomach, it must be lifted out with a fork, in pieces, if necessary, and removed entirely.

Crack the claws and remove the meat. If the lobster is not to be served whole, take out the meat from the body, the creamy green fat which constitutes the liver, and the coral or spawn found in female lobsters. The spongy particles between the meat and shell are not used.

In cutting up the meat of cooked lobster, always use a silver knife, if possible, as a steel knife discolors or darkens the meat.

COLD LOBSTER EN COQUILLE, WITH MAYONNAISE

This is simply cold boiled lobster, served in the shell, a spoonful of mayonnaise colored red with the coral of the lobster being laid on top of the lobster meat and the whole served in a bed of lettuce leaves. Canned lobster meat also makes a very nice dish served with mayonnaise.

BROILED LIVE LOBSTER

1 lobster

Salt and pepper

Melted butter or

butter substitute

Kill the fish by inserting a sharp knife in its back between the body and tail shells, severing the spinal cord. Split the shell the entire length of the back, remove the stomach and intestinal canal, crack the large claws and lay the fish as flat as possible. Brush the meat with melted butter or butter substitute. Season with salt and pepper, place in a broiler, with the shell side down, cover and broil slowly until of a delicate brown. Twenty minutes is usually long enough. Turn the broiler and broil for ten minutes longer. Serve hot, with melted butter.

BAKED LIVE LOBSTER

Prepare as for broiling. Lay the lobster in a baking-pan shell side down, season with salt, pepper and butter or butter substitute. Bake about forty minutes in a hot oven, basting it twice with melted butter or butter substitute.

CREAMED LOBSTER

2 tablespoons butter or butter substitute	1 teaspoon salt
2 tablespoons flour	1 teaspoon pepper
1 cup milk	2 cups boiled or canned lobster

Make a white sauce with the fat, flour and milk. Add lobster cut into small pieces and the salt and pepper. Some cooks add a teaspoon of curry-powder.

Sometimes this preparation is placed in greased or oiled scallop shells, sprinkled with fine seasoned bread or cracker-crumbs and browned in the oven.

LOBSTER FARCI

2 lobsters	2 tablespoons bread-crumbs
1 cup milk	1 tablespoon parsley
1 tablespoon butter or butter substitute	Salt and pepper
1 tablespoon flour	Nutmeg
	3 egg-yolks, hard cooked

Boil the lobsters and cut the meat into small pieces. In opening the lobsters be careful not to break the body or tail shells. Make a white sauce with the milk, butter or butter substitute and flour. Remove from the fire and add the crumbs, parsley, lobster, salt and pepper, grating of nutmeg and the yolks of the eggs mashed very fine. Mix all well together. Wash the shells and wipe them dry, and with a pair of scissors cut off the under part of the tail shells. Join the large ends of both tail shells to one body shell, to form a boat-shaped receptacle. Put the lobster mixture into this boat, brush over the top with beaten egg, sprinkle lightly with bread-crumbs, and bake in a quick oven for fifteen minutes.

LOBSTER CHOPS

2 cups fresh or canned lobster meat	1 cup cream or milk
2 tablespoons butter or butter substitute	2 egg-yolks
2 tablespoons flour	1 whole egg
	Salt and pepper
	Bread or cracker-crumbs

Make a white sauce, using the fat, flour and cream or milk and add the lobster cut into small dice. Stir until scalding hot, take from the fire, and when slightly cooled stir in the yolks of the eggs, well beaten, and the salt and pepper. Return to the fire and cook two minutes, stirring all the time. Oil a platter and on it spread the mixture half an inch deep.

When the mass is cold, form it in the shape of chops that are pointed at one end, roll the chops in beaten egg and then in bread or cracker-crums, place them in the frying-basket and plunge them into deep, hot fat. They should become brown in about three minutes.

Drain well, and thrust the end of a small claw into each chop to represent the bone. Serve on a napkin, placing the chops to overlap one another, and garnish with parsley. Suitable for suppers, luncheons and evening parties.

CREAMED LOBSTER

2 cups fresh or canned lobster	3 eggs
1 cup milk	2 teaspoons anchovy sauce
1 cup soft bread-crums	3 tablespoons cream
	Salt, pepper and cayenne

Heat the milk and pour it over the bread-crums. When nearly cold, add the beaten eggs, the lobster chopped fine, anchovy sauce, salt and pepper, and a large pinch of cayenne. Stir well, then add cream. Pour into an oiled mold, cover with an oiled paper and steam one hour. Serve with anchovy or other fish sauce.

DEVEILED LOBSTER

2 cups fresh or canned lobster	Cayenne
1 cup soft bread-crums	Nutmeg
1 hard-cooked egg	1 tablespoon butter or butter substitute
2 teaspoons lemon-juice	1 tablespoon flour
Salt	1 cup milk

Cut the lobster meat into dice. Add one-half cup of bread-crums, the egg chopped very fine and the juice of the lemon, seasoning generously with salt and cayenne pepper and a grating of nutmeg. Make a white sauce of the fat, flour and milk. Add the white sauce to the lobster mixture to make a paste. Fill scallop-shells with the mixture, smooth the tops, sprinkle with remaining bread-crums and brown in a very hot oven.

SCALLOPED LOBSTER

1½ cup lobster meat, fresh or canned	Cayenne
4 tablespoons butter or butter substitute	1 teaspoon lemon-juice
4 tablespoons flour	1 cup soft bread-crums
2 cups milk	½ cup stale bread-crums
Salt and pepper	2 tablespoons melted butter or butter substitute

To thin white sauce made with fat, flour and milk, well seasoned with salt, pepper, cayenne and lemon-juice, add flaked lobster meat and one cup bread-crumbs. Fill lobster shells or ramekins with the mixture, place seasoned crumbs on top and brown in the oven.

LOBSTER WITH SAUCE No. 1

1 medium-sized lobster	2 tablespoons flour
3 tablespoons butter or butter substitute	1 pint boiling water
	2 tablespoons lemon-juice

Prepare the lobster as directed. Cut the meat in small pieces and mash the coral with a tablespoon of butter. Rub the flour and the rest of the butter to a smooth paste. Add boiling water and cook five minutes, then add the coral and butter and lemon-juice. Simmer for four minutes. Strain the sauce over the lobster meat, place the whole on the fire and boil up once.

LOBSTER WITH SAUCE -No. 2

1 medium-sized lobster	$\frac{1}{2}$ pint drawn-butter sauce
Salt and pepper	

Prepare the lobster as directed. Break up the coral and put it on a paper in a slow oven for thirty minutes. Then pound it in a mortar and keep it to sprinkle over the boiled fish when ready to serve. Chop the lobster meat, not too fine, and add it to the sauce, also putting in a pinch of the coral and the salt and pepper. The effect is spoiled if the lobster is cut too fine. The sauce should be like a creamy bed for the lobster.

CRABS

The blue crab, found on the Atlantic Coast and in the Gulf of Mexico, is about two and one-half inches long by five inches wide. The Dungeness crab of the Pacific Coast is much larger. Crabs go through a molting season, in the Spring and Summer. During the few days between the shedding of the old shell and the hardening of the new one, they are called soft-shell crabs. At other times, they are called hard-shelled crabs.

Oyster crabs are tiny, almost transparent, grayish-white crabs found in the shells with oysters. They are often served in oyster stews.

Dressing Crabs

All uncooked crabs should be vigorously alive when purchased, or the meat is not good. To prepare them for cooking, proceed as follows:

Soft-shell Crabs—The back of the crab tapers to a point at each side. Lay the crab on its face, take one of these points between the thumb and forefinger of the left hand and pull the shell back about half-way. Pull off all the spongy substance which is thus exposed. Repeat the operation at the other point on the opposite side. Pull off the tail (apron) which laps under the crab, and the spongy substance under it. Wash the crabs in cold water, and they are ready for cooking.

Hard-shell Crabs—Throw the live crabs head first into rapidly boiling water. After five minutes, add one tablespoon of salt and boil for thirty minutes. When cold, break off the apron, or tail. Take the crab in both hands, with the thumbs at the tail end, and pull the upper and lower shells apart. Discard the material that sticks to the upper shell and pull off all the orange waxy material and white spongy stuff between the halves of the body and at each side. The edible part of the crab lies in the two compact masses remaining, and in the small flakes that may be extracted from the large claws. The latter must be broken with a cleaver or hammer.

BROILED SOFT-SHELL CRABS

6 soft-shell crabs
 $\frac{1}{4}$ cup butter or butter
 substitute

2 tablespoons lemon-juice
 Salt and pepper
 $\frac{1}{4}$ teaspoon cayenne

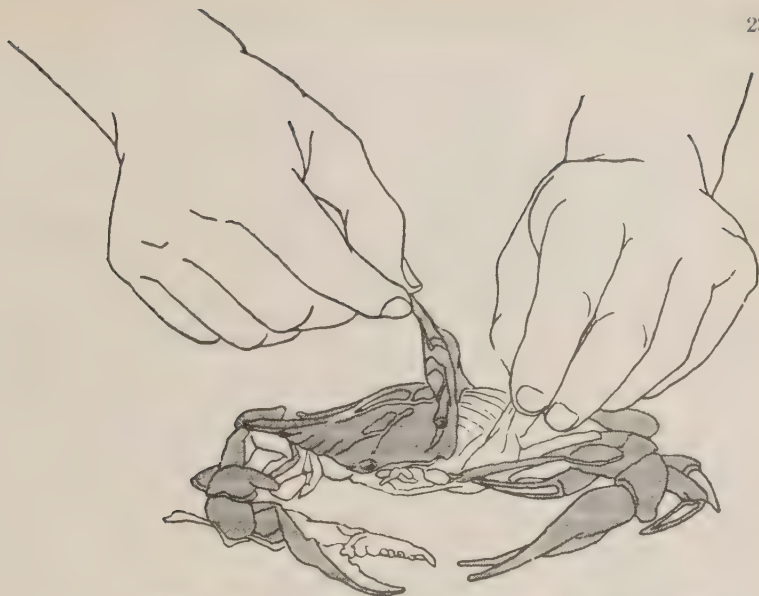
Prepare the crabs as directed. In a deep plate melt butter or butter substitute, and add lemon-juice, salt, pepper, and cayenne. Roll the crabs first in this mixture, then in dry flour. Place them in a double broiler and broil over hot coals eight minutes.

FRIED SOFT-SHELL CRABS

6 soft-shell crabs
 Egg
 Oil

Sifted bread-crumbs
 Salt and pepper

Prepare the crabs as directed, dip them in beaten egg, then in rolled bread-crumbs seasoned with salt and pepper. Have the saucepan hot, with enough oil to keep the fish from burning. Fry as quickly as possible and turn while frying. All shellfish require rapid cooking; slow cooking allows the juice to escape and makes the meat tough. They should cook in from eight to ten minutes and be of a deep red color when done.



In the soft-shell stage a crab's shell is really only a soft skin running to a point at each side. Pull up this skin at each point and remove the spongy substance beneath.



The tail or apron varies in size and shape. Sometimes it is wide and jointed, sometimes only a flap of thick skin. Pull it off, as well as any spongy matter underneath.

DEVEILED CRABS

- | | |
|-------------------------|------------------------------|
| 12 hard-shell crabs or | 1 cup milk or cream |
| 2 cups crab-meat | 2 tablespoons flour |
| 1 teaspoon mustard | 1½ cups soft bread-crums |
| 1 teaspoon salt | Nutmeg |
| 3 tablespoons butter or | ½ tablespoon chopped parsley |
| butter substitute | ½ tablespoon lemon-juice |

Prepare the crabs as directed. Wash the upper shells thoroughly. Heat the milk or cream in a small saucepan; thoroughly mix the flour and mustard and two tablespoons of the butter or butter substitute and stir the scalded milk or cream into this mixture. Boil two minutes, remove from the fire and add the crab-meat and seasonings. Mix well, and put the mixture into six crab shells. Sprinkle with the crumbs and place the remainder of the butter, cut in small pieces, on top of the crumbs. Cook on the grate in a hot oven until the crumbs are brown. Serve on a bed of parsley, garnishing with the claws.

CRAB COCKTAIL

See recipe for oyster cocktail.

CREAMED CRABS

- | | |
|-------------------------|-------------------------------|
| 12 hard-shell crabs or | 1 tablespoon butter or butter |
| 2 cups canned crab-meat | substitute |
| 1 tablespoon flour | Salt and pepper |
| ½ cup milk | Cayenne |

Prepare the crabs as directed. To white sauce made from the fat, flour and milk, add the shredded crab-meat and season with salt, pepper and cayenne. Serve very hot in individual cases, patty shells or on toast.

SCALLOPED CRABS

- | | |
|--------------------------|------------------------|
| 1½ cups crab-meat, fresh | 2 cups milk |
| or canned | Parsley |
| 5 tablespoons butter or | 1 teaspoon onion-juice |
| butter substitute | Salt and pepper |
| 4 tablespoons flour | 1 cup soft bread-crums |

Make white sauce of four tablespoons of the fat, flour and milk, add a little chopped parsley, onion-juice, salt and pepper. Mix this with the crab-meat and one-half cup bread-crums. Fill shells or ramekins, place crumbs on top, dot over with one tablespoon butter, and brown in the oven.



In the hard-shell stage the crab is boiled before it is dressed. Break off the tail. Place the thumbs on the shell at the point from which the tail was broken, and pull the two shells apart.

FRIED OYSTER-CRABS

1 pint oyster-crabs

Flour

Place crabs in sieve and hold under a cold-water faucet. Drain, roll in flour and fry in deep fat, using a frying-basket. Drain on paper and serve on a napkin laid on a platter garnished with four lemon-baskets holding Tartar sauce.

OYSTER CRABS EN BOUCHÉES1 pint oyster-crabs
FlourFine bread-crumbs
Milk

Wash crabs by placing in sieve and holding under running cold water. Drain, roll in flour, dip in milk and then in fine bread-crumbs. Fry in deep fat and drain on paper. Fill pastry or paper cases with the fried oyster-crabs and serve very hot.

OYSTER-CRABS AND WHITEBAIT1 cup oyster-crabs
1 cup whitebait

Flour

Mix equal quantities of oyster-crabs and whitebait, both of which have been previously washed, drained and rolled in flour, and fry in deep fat. Serve with Tartar sauce.

SHRIMPS AND PRAWNS

Shrimps and prawns are very similar, but the prawn is larger than the shrimp; the former is often six or seven inches long, while the latter is seldom more than two inches.

To prepare fresh shrimps, boil them in salted water, wash and drain them, and remove the shell carefully, also the black line that runs the length of the body.

CREAMED SHRIMPS2 cups cooked shrimps,
fresh or canned
2 tablespoons butter or
butter substitute4 tablespoons flour
2 cups milk
Salt and pepper

If fresh shrimps are used, prepare as directed. Make a white sauce with the fat, flour and milk, add shrimps, broken into small pieces. When thoroughly heated, add seasoning and serve.

SCALLOPED SHRIMPS

2 cups cooked shrimps, fresh or canned	1 cup bread-crumbs
4 tablespoons butter or butter substitute	2 cups boiling water
4 tablespoons flour	1 teaspoon lemon-juice
1 teaspoon mustard	1 teaspoon salt
	$\frac{1}{2}$ teaspoon pepper

Prepare shrimps as directed. Melt three and one-half tablespoons of the butter or butter substitute in a saucepan. Add the flour and mustard and beat until light. Gradually pour the hot water on this. Place the saucepan on a fire, and stir the contents until they begin to boil. Add the lemon-juice, salt and pepper, and cook for six minutes, then stir in the shrimps. Turn the mixture into a shallow scallop-dish, cover with the bread-crumbs and dot with the half-tablespoon of butter or butter substitute broken into little bits. Bake for twenty minutes in a rather hot oven.

CROUSTADE OF SHRIMPS

Follow the recipe for creamed shrimps and serve the dish in individual cases or croustades of rice.

SHRIMPS IN PEPPERS

2 cups cooked shrimps, fresh or canned	Nutmeg
1 tablespoon butter or butter substitute	Celery seed
$\frac{1}{2}$ teaspoon mustard	1 egg
Pepper	$\frac{1}{2}$ cup bread-crumbs
	6 green peppers

Prepare shrimps as directed. Cut off the stem ends or tops of the peppers, and remove the seeds and veins, and soak the peppers in cold water for one-half hour. Cream the butter or butter substitute by beating and then also beat into it the seasonings and egg. Add the crumbs, mixing the ingredients well, and finally stirring in the shrimps. Drain the peppers and fill with the prepared stuffing. Set them in a pan, open side up and bake in a hot oven for twenty minutes.

DEVEILED SHRIMPS

1 cup shrimps, fresh or canned	3 hard-cooked eggs
3 tablespoons butter or butter substitute	Paprika
4 tablespoons flour	1 tablespoon chopped parsley
2 cups milk	Few drops onion-juice
	Buttered crumbs

Prepare shrimps as directed. Melt the butter or butter substitute, add the flour and stir until smooth. Add the milk, heat, stirring constantly, and when it begins to thicken, add the eggs, which have been put through the sieve. Cut the shrimps with a silver knife, and add to the sauce; season with the paprika, parsley, and onion-juice. Put the mixture in ramekins, cover with seasoned crumbs, and brown in a quick oven.

FRESH-WATER CRAWFISH

Crawfish, or crayfish, look like lobsters, but are much smaller. They may be prepared and served in the same way as lobsters.

Boil the crawfish in boiling salted water, drain, remove the shell and take out the intestines, by pinching the extreme end of the center fin and jerking it suddenly, to remove the gall-cyst, which is very bitter.

FROGS

Frogs' legs (hindquarters only) are considered quite a delicacy. The skin can be turned over and slipped off the legs, like a glove taken off inside out.

FRIED FROGS' LEGS

6 frogs' legs
1 egg
Lemon-juice

Salt and pepper
Fine bread-crumbs

Skin the legs and wash them in cold water; dry well on a towel or napkin. Season with salt, pepper and lemon-juice. Beat the egg, and season it with salt and pepper; dip the legs into the egg, then into dried bread-crumbs or fine cracker-crumbs, plunge them into deep fat, and fry for five minutes. Use a wire frying-basket, if possible. Frogs' legs are served for breakfast or luncheon and for the latter meal they are accompanied by Tartar sauce.

TURTLES AND TERRAPINS

These animals should be alive when purchased. If the large southern variety, the soft-shell or snapping turtles are used, cut off the head and let the turtle lie in cold water one-half hour or hang on a hook with head part down until blood stops dripping. Then wash and drop into boiling water and cook for ten minutes. Pour off the water and cover the turtle with cold water, letting it stand until cool enough to handle easily; then with a towel rub the nails and black skin from the legs.

Wash the turtle carefully, place it in a saucepan covered with boiling water and cook until the flesh is tender. This will be when the joints of the legs can be broken with a slight pressure, and the shells separate easily, and will take from thirty to sixty minutes. Remove the turtle from the water, and after it has cooled a little, place it on its back with the head away from you, and loosen and remove the under shell.

The liver, gall bladder and sand bag will be found near the head end, the gall being attached to the left side of the liver. Take out the gall as you would that of a chicken, being careful not to break it. Remove the entrails and throw them away.

Take out the eggs, if there are any, remove the slight membrane and drop them into cold water. Cut all the meat very fine, saving any water that may collect in the shells. The turtle is now ready to use in a stew or in other ways. It should be cooked until the skin is like jelly.

If terrapin is used, wash and plunge it alive into boiling salted water, and cook for about ten minutes. Then plunge it into cold water, rub off the toe nails and dark skin, place it again in salted boiling water and cook until the legs are tender, about thirty to sixty minutes. Clean the terrapin according to directions for turtles, but instead of throwing away the small intestines, cut them in very small pieces and use them for food. Discard the thick, heavy part of the intestines.

TERRAPIN OR TURTLE À LA KING

2 cups cooked terrapin or turtle meat	2 cups cream or rich milk
6 yolks hard-cooked eggs	Salt and pepper
2 tablespoons butter or butter substitute	Allspice
	Nutmeg

Mash the yolks of six hard-cooked eggs and mix them with the butter or butter substitute. Put the cream or rich milk into a double boiler; when it is scalded, stir in the egg and butter mixture and beat till smooth; season with salt, pepper and gratings of allspice and nutmeg. Add the terrapin or turtle meat cut fine and simmer for ten minutes. Serve very hot. Terrapin is very often served in individual metal cups or saucepans with covers.

TERRAPIN WITH MUSHROOMS

1 pint cooked terrapin meat	$\frac{1}{2}$ pint chopped mushrooms
1 pint medium white sauce	Six slices toast

To white sauce add terrapin cut in inch pieces and chopped mushrooms. Cook in double boiler for twenty minutes, or until thoroughly hot. Serve on toast.

MEAT

The name meat is given generally to all edible flesh of animals used for food. The name beef is used for the flesh of adult cattle; veal for the flesh of calves under one year of age; pork for the flesh of swine; mutton for the flesh of adult sheep; and lamb for the flesh of sheep from six weeks to one year old.

Selection of Meat

There are certain characteristics of good meat which serve as a guide in purchasing. Cuts of meat should be examined at the market to determine quality.

Bone, fat and trimmings are paid for with meat and should be included for use in soups and general cooking. Flecks of fat all through the fibers of meat indicate tenderness and flavor. Thin connecting tissue means a tender cut; thick tissue, a tough one. Meat well ripened or hung some time after slaughter is more tender than freshly killed meat. Meat of any kind should have a fresh odor and no dark, dry edges or spots.

Beef—Good beef should have a bright red color and a moist juicy surface when freshly cut; firm, fine-grained muscle; dry, crumbly suet, white in color; and a thick solid edge of straw-colored fat.

Veal—Veal should be at least six weeks old before slaughter. "Bob" veal is prohibited for sale in many States; it is soft and of poor flavor. Prime veal should be a faint pink color with little or no edge of fat; flecks of fat in the meat should show a pinkish tinge. Milk-fed veal is particularly good.

Pork—Pork should have firm white flesh with a faint pink tinge. The fat should be clear white. Pork of dull appearance, with yellowish lumps through the meat or fat, should be avoided.

Lamb and mutton—Lamb may be distinguished from mutton by the bones. In young lamb, the bones are slightly streaked with red and the leg joint is serrated. The leg joint of mutton is smooth and round. Lamb or mutton should have a deep pink flesh, hard white kidney fat, edge fat thin and of a pinkish tinge and firm, fine-grained fibers. The outer skin and fat of mutton should be torn off before cooking.

Cuts of Meat

Animals dressed for market are divided lengthwise through the backbone into two parts, each of which is called a side. Each side is divided again into two parts, the forequarter and the hindquarter. Each quarter is then divided into smaller cuts which are sold in the retail market.

Glands and Organs

Liver—Calf's liver is often considered most choice in tenderness and in flavor. Lamb's, however, is equally good and often cheaper in price. Pig's liver is good, and even beef liver is acceptable if properly prepared.

Kidneys—Calf's kidneys are best. Lamb kidneys are good if the lamb is young.

Sweetbreads—Sweetbreads from the young calf or lamb are used. There are two kinds, those in the throat and those near the heart. Those near the heart are round and compact and are considered slightly more desirable than those in the throat. Sweetbreads spoil quickly, therefore they should not be kept very long.

Heart—Calf's and lamb's hearts are more tender than those from beef or mutton.

Tongue—Calf's and lamb's tongues are most desirable. The tongue of older animals may be used in some recipes.

Brain—Calf's brains are most desirable. Although a delicacy, there is so little demand for them that in many markets they may be purchased cheaply.

Tripe—A part of the stomach of a ruminant—that from the ox is the one usually used for food.

Comparative Cost of Various Cuts

As a general rule the price of the different cuts of meat is determined by considerations such as tenderness, grain, general appearance and convenience of cooking rather than by food values in terms of fat or protein, or the ease with which they are digested. The cheapest cuts for lean meat are the neck, shank and clod. The cheapest cuts for general use are the clod, the plates, and the chuck. The cheapest cuts for fat and lean are the neck, shank and plate.

Beefsteaks, in the order of their economy as food, range as follows: chuck, round, flank, sirloin, and club. Of the roasts of beef, the cheapest in terms of lean meat is the rump and most expensive is the first cut of the prime ribs. For stews and boiling, the neck and shank are less expensive than the rib ends and the brisket.

Amount for Each Person

Meat shrinks from one-third to one-half in cooking. Therefore allow one-fourth to one-half pound of meat without bone for each serving, and one-half to one pound of meat consisting of lean, fat and bone for each serving, except for minute steaks. Steaks cut at least one inch thick give the best results.

KINDS OF CUTS AND HOW TO USE THEM

KIND OF MEAT	NAME OF CUT	LOCATION	CHARACTERISTICS	USE
BEEF (tender)	Prime ribs	Forequarter—last six ribs of quarter	Good quality	English rib roast
	Sirloin	Hindquarter—first rib of quarter to hip or rump	Choice meat, contains porterhouse, club, T-bone, Delmonico and sirloin cuts	Steak Roast
	Tenderloin	Hindquarter—inside sirloin	Choicest quality	Steak, Fillet roast
	Flank	Hindquarter—below sirloin	Less juicy and tender than sirloin, good quality	Stewed, dressed, or baked Steak, rolled, stuffed, baked Skirt, rolled, stuffed, baked
BEEF (tough)	Neck	Forequarter—next head	Juicy but tough	Soup, Stew, Minced meat, Corned
	Shoulder	Forequarter—next neck and above foreleg	Thick solid meat, coarse quality	Potroast, Swiss steak Corned beef
	Shank or Shin	Forequarter—foreleg	Bone and gristle	Soup, Stew
	Chuck or Clod (part of the chuck)	Forequarter—joins shoulder, all but last six ribs of quarter	Blade, undercut, chuck roll, fair quality of meat	Potroast, Braized beef, Casserole dishes, Boiled
	Brisket or Plate (thin part of the brisket)	Forequarter—below and just back of foreleg	Fat and lean meat of coarse quality	Boiled, Stew, Soup Potroast, Corned
	Rump	Hindquarter—behind sirloin and next tail	Solid meat, juicy, good flavor	Roast, Potroast Braized, Stewed, Boiled
	Round	Hindquarter—top of hind leg	Solid meat, upper portion tender	Roast, Steak
	Aitchbone	Hindquarter—between round and rump	Upper portion solid meat, good quality	Roast, Braized, Stew
	Navel			Corned
VEAL	Breast or shoulder	Forequarter—below neck	Ribs and solid meat, good quality	Boned to roast or use in casserole

KINDS OF CUTS AND HOW TO USE THEM

KIND OF MEAT	NAME OF CUT	LOCATION	CHARACTERISTICS	USE
VEAL <i>(continued)</i>	Neck	Forequarter—next head	Bones, gristle with little meat	Stew
	Foreleg or knuckle	Forequarter—below shoulder	Bone and sinew with little meat	Veal loaf, Jellyed veal
	Leg	Hindquarter—hind leg above knuckle	Good meat, little waste	Roast, Broiled, Deep pan fried
	Loin	Hindquarter—next hind leg	Choice meat	Loin chops, Roast
	Rack	Hindquarter—ribs	Much bone and fat	Rib chops, Roast
PORK	Ham	Hindquarter—portion above hind leg and back of ribs	Solid meat, little bone	Roast, Baked, Broiled, Pan fried, Boiled
	Loin	Hindquarter—ribs	Sweet tender meat, much bone	Roast, Chops, Steak
	Spare rib	Hindquarter—middle under loin and above belly	Good flavor, fat	Roast
	Flank or side	Hindquarter—belly	Fat streaked with lean	Bacon
	Shoulder	Forequarter—above foreleg	Bone, much meat, good flavor	Boned Stuffed and roasted
	Shank or hock	Both quarters—lower legs	Bone, skin, fat and little meat	Pickled, Smoked, Boiled
MUTTON OR LAMB	Leg	Hindquarter—upper leg to hip	Fine quality, large bone	Roast Boiled. May be boned
	Loin	Hindquarter—between hind leg and ribs	Choice meat	Chops Roast
	Rack	Forequarter—ribs	Meat and bone good quality	Crown roast, Roast, Chops
	Breast	Forequarter—below rack	Loose-grained meat	Stuffed, Roasted
	Shoulder	Forequarter—below rack	Good quality, much bone	Roast
	Shank	Forequarter—lower front leg	Bone, gristle and meat	Stew, Broth
	Neck	Forequarter—next head	Bone, gristle and meat	Stew, Soup

Care of Meat in the Home

As soon as meat comes from the market, the wrapping-paper should be removed, and the meat should be put on a granite or porcelain plate and placed in the refrigerator or other cool place.

Before cooking meat, remove any parts that appear spoiled and wipe the meat with a damp cloth. In hot weather, if meat is to be kept any length of time and there is any danger of its spoiling, it may be seared on the outside on a hot griddle or may be plunged into boiling water and kept there for five minutes. Lamb, mutton, or veal may be partly cooked. If meat has become slightly "strong," it may be rubbed with salt and the salt wiped off with a damp cloth, or the meat may be rubbed with soda, kept for a few minutes in boiling water, wiped with a damp cloth and then cooked.

Methods of Cooking Meat

Meat is cooked to soften connective tissue, to develop flavor, to improve appearance and to destroy bacteria or other organisms. The method of cooking depends on the kind and quality of the meat to be cooked. Only tender cuts of meat can be cooked successfully by-dry heat. Although as desirable in nutritive value and flavor, the tough cuts of meat require moist heat and long, slow cooking to make them palatable. Since meat is largely protein, even the tenderest cuts of meat may be toughened and hardened by too high a temperature.

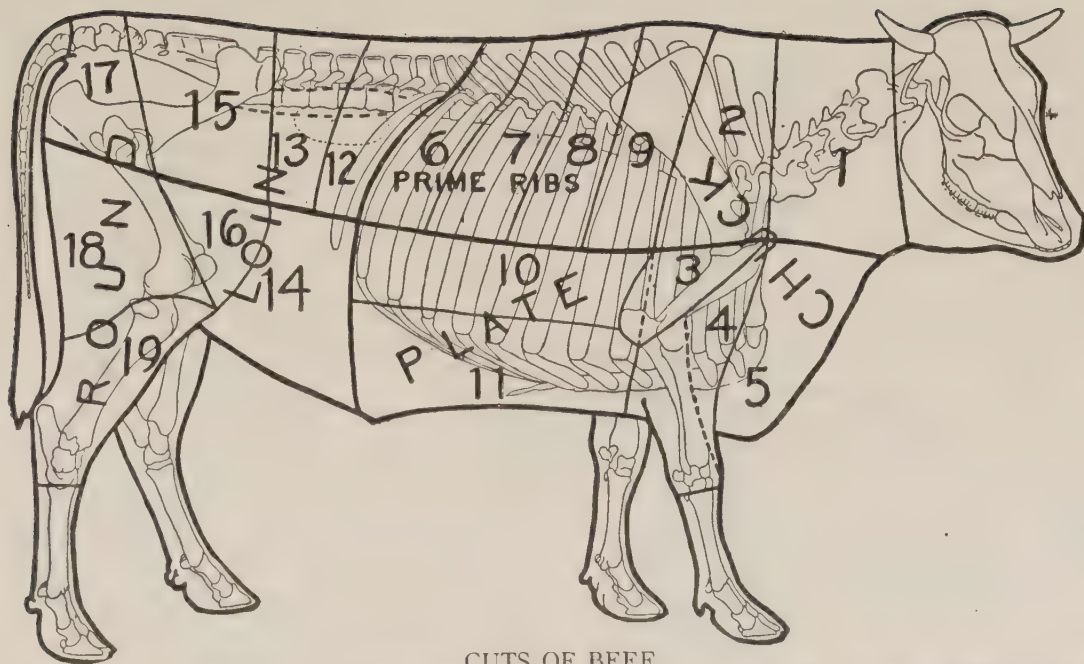
Searing—Both nutritive value and flavor are retained in meat by searing the surface at the beginning of the cooking. This may be done by plunging the meat into boiling water, by cooking it in a hot fat, or a hot oven or over an open fire. The temperature should be reduced in a few moments.

Broiling—The meat is cooked over or in front of an open fire. It is usually placed on a greased broiler or gridiron near the coals or under the flame of a gas-broiler. It is turned often at first to sear the outer surfaces and retain the juices. Tender steaks—porterhouse, sirloin and first or second cut of round—are the best for broiling. Chops may be broiled.

Pan Broiling—Meat is placed in a hissing hot frying pan and cooked without additional fat. It is turned as in broiling. The same types of meat are suited to pan broiling as to broiling.

Roasting—Meat baked in the oven is called a roast. Rib roasts or cuts from the loin or back of the rump make the best roasts.

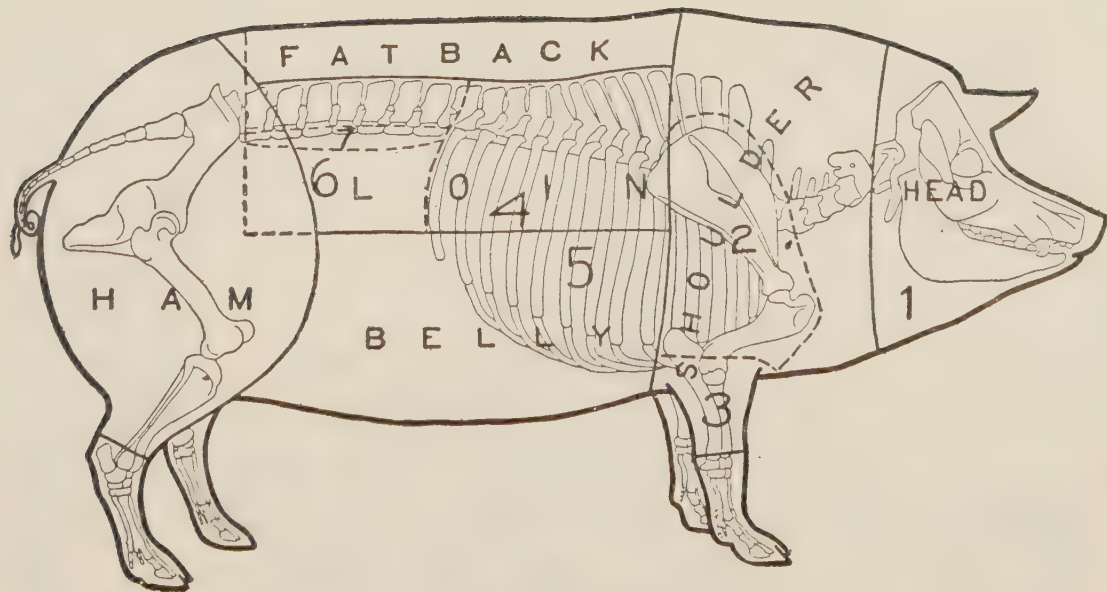
Boiling or simmering Boiling is not the correct word—"boiled" meats should be cooked at simmering temperature. They should be immersed in water and kept at a temperature below the boiling-point (180° to 210° F.). Hams, corned beef or "boiled" beef are often cooked in this manner.



CUTS OF BEEF

- | | | | | | |
|--------------|------------------------|------------------------|---------------|-----------------|-----------------|
| 1. Neck | 4. Shoulder | 7. Prime ribs, 2nd cut | 10. Plate | 13. Porterhouse | 16. Top sirloin |
| 2. Chuck | 5. Brisket | 8. Prime ribs, 3rd cut | 11. Navel | 14. Flank | 17. Rump |
| 3. Cross rib | 6. Prime ribs, 1st cut | 9. Prime ribs, 4th cut | 12. Delmonico | 15. Sirloin | 18. Round |
| | | 19. Leg | | | |

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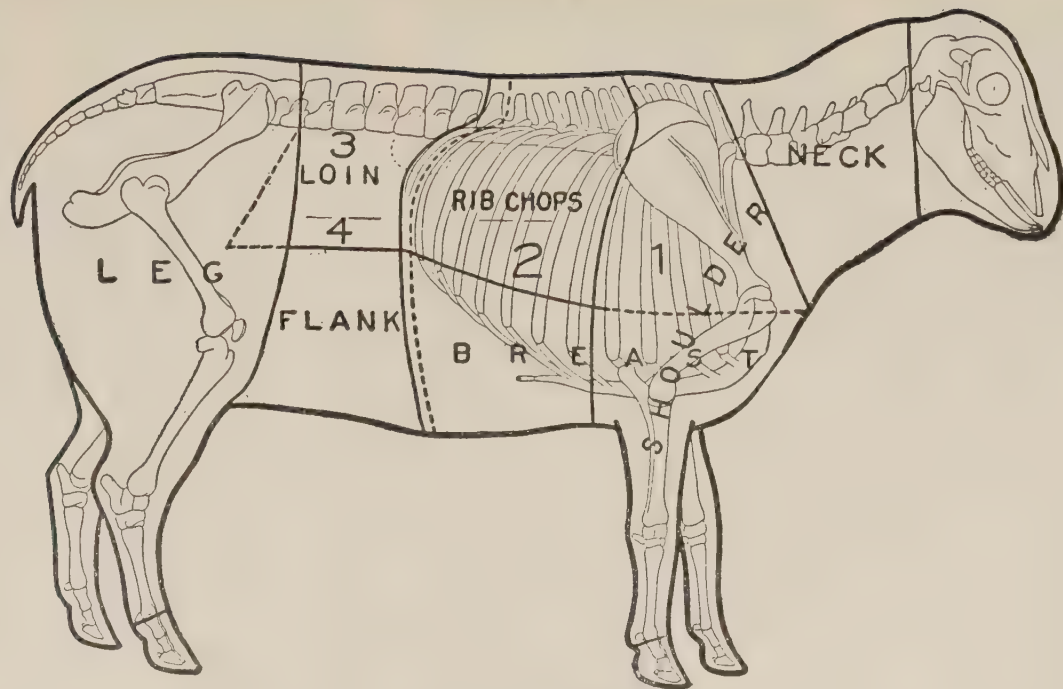


CUTS OF PORK

1, jowl;
2, trimmed shoulder;
3, hock;

4, rib chops;
5, spareribs
6, loin chops;

7, tenderloin



CUTS OF MUTTON

1, chuck; 2, crown roast; 3, loin chops; 4, loin roast

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Stewing—The meat is cooked in a small amount of water at a low temperature for a long period of time. Meats cooked in this manner are first seared in hot fat or boiling water to retain the juices. Tough cuts containing much connective tissue are best cooked in this manner, as both tissue and fiber are softened.

The best cuts for stews are those containing both fat and lean and some bone. The shank is the most economical of all cuts for this purpose. Other cuts used are the neck, plate, flank, heel of the round and the short ribs. The brisket and the rump are sometimes used. Occasionally a cut like the round is used, as in Beef à la Mode.

In making stews, one-fourth pound of clear meat or from one-half to three-fourths pounds of meat and bones should be allowed for each serving. From one to two potatoes, one to two medium-sized carrots, one small onion, one-fourth medium-sized turnip and one stalk of celery may be used for each person served. Any or all of these may be omitted. Enough flour is used to dredge the meat well; sufficient water to cover the meat, and salt to taste.

Pot roast—The meat is stewed until tender, vegetables and seasonings are added, the water is cooked away and the meat is roasted in its own juice. An iron kettle is best for cooking a pot roast, as it holds the heat well.

Braising—Shoulder, breast and round cuts are best for braizing. (See page 2.)

Frying and sautéing—Some meats, such as chops or cutlets, may be crumbed and fried in deep fat. Sliced ham, liver and some other meats are most acceptable sautéed in a small amount of fat. The cooking should be done at a fairly low temperature.

Fireless or pressure cooking—A fireless or pressure cooker is most useful in making tender the connecting tissue and fiber of tough cuts of meat.

Glands and organs—All glandular organs require careful cooking. Overcooking toughens them and destroys their delicate flavor, making them almost tasteless.

BROWNED BEEF BRISKET

6 pounds beef brisket
Celery salt
Garlic

6 or more medium-sized
boiled potatoes
Salt and pepper

If the piece has much bone, part may be removed for soup, stock, or gravy to be used with the meat when warmed over. Simmer the solid part of the meat until tender, with a little celery salt and garlic added, turning it once during the cooking, which will take not less than three hours for the amount given. Remove the meat from the liquor; place it in a shallow pan with skin side up, and score several times

across the top. Have boiled potatoes (hot or cold) in readiness and drop them into the kettle to take up some of the fat; then place them around the meat and brown all in a hot oven, about ten to twenty minutes. Make a gravy with the remaining liquor and serve separately. The meat should slice as firmly as cheese and be tender and appetizing.

BRISKET WITH ONION SAUCE

3 pounds beef brisket	Crums
Soup greens	$\frac{1}{2}$ cup green onions
Cloves	2 tablespoons fat
Peppercorns	2 tablespoons flour
Salt	$1\frac{1}{2}$ cups stock
1 egg	1 tablespoon minced parsley

Wipe the meat with a damp cloth, and tie it into a compact shape with strips of cloth. Place it in a deep kettle with boiling water (or part of the stock, if possible). Add a bunch of soup greens, several cloves and peppercorns. Simmer until the meat is tender, add salt when partly cooked. Take the meat from the liquid, remove the cloth, and place meat in a shallow baking-dish. Beat one egg and spread over the beef, then sprinkle with coarse crums and brown under a flame or in a hot oven. Serve with onion sauce made as follows: Cut up the onions and brown them in the fat. Make a brown sauce of the fat, flour and stock. Add the parsley and serve.

TO CORN BEEF

Neck, brisket or navel are usually used. Rub the beef with salt and pack it in a clean hard wood barrel or crock, and pour over it the following pickle:

$2\frac{1}{2}$ pounds salt	$\frac{1}{2}$ ounce saltpeter
$\frac{1}{2}$ pound sugar	$4\frac{1}{2}$ quarts water

Mix the pickle thoroughly, boil it, remove the scum, and cool the liquid. This amount is sufficient for twenty-five pounds of beef. Place a heavy weight on top of the meat to keep it in the brine. The meat may be left in the brine for a month, but it is at its best after ten days of curing.

BOILED CORNED BEEF

6 pounds corned beef	1 onion
1 carrot	Vinegar
Butter or butter substitute	

Soak the meat one hour in cold water. Drain, put into a kettle with carrot and onion, using enough cold water to cover well. Add to each

quart of water one teaspoon of vinegar. Simmer until tender. Thirty to forty minutes for each pound is a fair allowance of time. Let it remain in the liquor twenty minutes after it is done. Then drain and serve. Butter or butter substitute rubbed over the meat just before serving improves corned beef prepared in this way.

OLD-FASHIONED BOILED DINNER

6 pounds corned-beef	4 carrots
brisket	6 potatoes
1 cabbage	6 beets
3 white turnips	Vinegar

Put the meat into the pot over a brisk fire with enough cold water to cover it. Bring it rapidly just to the boiling-point, then remove the scum, set the pot back on the fire and simmer until tender (about three hours). About three-fourths of an hour before serving, skim the liquid free from fat. Put a portion of this liquor into another kettle with the cabbage which has been cleaned and cut into sections, the turnips, carrots and parsnips prepared and cut into uniform pieces, and boil until tender.

BEEF STEW WITH DUMPLING

1½ pounds shank, neck, plate, flank, rump or brisket	¼ teaspoon pepper 1 small onion
¼ cup flour	⅓ cup cubed carrots
1½ teaspoons salt	⅓ cup cubed turnips
	4 cups potatoes, cut in quarters

Wipe meat, remove from bone, cut in cubes of about one and one-half inch. Mix flour with salt and pepper and dredge the cubes of meat with it. Cut some of the fat from the meat and heat in a frying-pan. When part of the fat has tried out, add the cubes of meat and brown the surface, stirring constantly to prevent burning. Put this meat, with the melted fat in which it was browned, into the stew-kettle with enough boiling water to cover the meat, and simmer until the meat is tender (about three hours). The carrots and turnips are to be added during the last hour of cooking, and the potatoes twenty minutes before serving time. Fifteen minutes before serving time, add the dumplings to the stew. A pint of tomatoes, stewed and strained, may be used instead of water.

DUMPLINGS—No. 1

2 cups flour	1 teaspoon salt
4 teaspoons baking-powder	2 tablespoons fat
1 cup milk	

Sift together the dry ingredients. Cut in the fat and add the milk slowly. Drop by spoonfuls on top of the stew, cover tightly and cook twelve minutes. Dumplings must rest on the meat and potatoes and must not settle into the liquid. Do not uncover the dumplings until they have steamed twelve minutes. These dumplings may be steamed in another kettle, as in following recipe.

DUMPLINGS—No. 2

2 cups flour	1 teaspoon salt
4 teaspoons baking-powder	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ tablespoon fat	

Sift together the dry ingredients and rub in the fat. Add enough milk to moisten the flour, but do not make the mixture too wet. Roll out the dough on a board, making it about one inch thick, and cut with a biscuit cutter. Put the pieces on a plate in a steamer and steam twenty to thirty minutes. It is better not to steam the dumplings over the stew, as the rapid boiling required reduces the gravy too much. These dumplings may be cooked on top of the stew, as in the recipe above, but they will be lighter if steamed.

BEEF À LA MODE—No. 1

4 pounds beef round	1 carrot
Salt-pork lardons	$\frac{1}{2}$ bay-leaf
2 tablespoons beef drippings	1 clove
1 onion	Parsley
	Pepper and salt

Bind the beef with twine or strips of cloth to make it circular in shape. Lard it with strips of salt pork. Dredge with flour and brown on all sides in the beef drippings. Place it in a kettle (preferably iron) with the vegetables and seasonings, half cover with boiling water and simmer until tender (four or five hours). Keep the kettle tightly covered and add more water if necessary. Remove the meat from the kettle, skim off as much fat as possible from the liquid, and thicken the liquid, using two tablespoons flour for each cup of liquid. Serve this as a gravy with the meat.

Another recipe for this beef is given in the chapter on the fireless cooker.

BEEF À LA MODE—No. 2

2 pounds lean beef	2 teaspoons salt
2 tablespoons drippings	$\frac{1}{2}$ teaspoon pepper
1 onion	$\frac{1}{4}$ teaspoon ground allspice
1 bay-leaf	$\frac{1}{4}$ teaspoon cloves
1 lemon	$\frac{1}{8}$ teaspoon mace

Cut the meat into pieces of about three ounces in weight and dredge well with flour. Put the drippings and the sliced onion into a large saucepan, and when hot, put in the meat and stir constantly for ten minutes. Dredge with more flour until the mixture is well thickened; then add the bay-leaf, broken in pieces, the sliced lemon, salt and pepper and spices. When all are well mixed, pour in gradually, still stirring, enough water to cover the meat. Place the cover on the saucepan and simmer gently for four hours.

BEEF GOULASH

3 pounds beef chuck	1 teaspoon salt
Vinegar	$\frac{1}{2}$ teaspoon paprika
Summer savory	8 onions
$\frac{1}{3}$ cup butter or butter substitute	

Cook the onions slowly in the fat. Cut the beef into cubes or slices and sprinkle with vinegar and a little savory. Add the salt and paprika. Add the cooked onions, cover tightly, and simmer for about two hours. The liquid may be increased just before serving by the addition of a little beef stock, or cream, either sweet or sour.

SAVORY BEEF

2 pounds beef, plate, shank, rump or round	$\frac{1}{4}$ teaspoon ground cloves and thyme or Summer savory
3 large onions, sliced	1 pint brown stock or boiling water and meat extract
3 tablespoons lard	2 tablespoons vinegar
3 tablespoons flour	1 tablespoon catchup
1 teaspoon salt	
$\frac{1}{4}$ teaspoon black pepper	

Brown the onions slowly in lard. Increase the heat. Cut meat into sizes desired for serving, add it to the onions, and brown. Mix the flour, pepper and other seasonings. Sprinkle this mixture over the meat. Add the stock, vinegar and catchup. Cover closely. Simmer until meat is tender, allowing at least two hours for shank or plate and one and one-half hour for rump or round.

POT ROAST

3 to 4 pounds chuck, round, rump or brisket	1 cup sliced carrots
Flour	1 cup sliced onions
3 tablespoons fat, preferably from salt pork	1 cup chopped celery
	1 cup sliced turnips

If the meat is not in a solid piece, skewer or tie it into shape, wipe it with a damp cloth and roll it in flour. Heat the fat in a frying-pan or

Dutch oven. Put in the meat and brown on all sides. If the frying-pan is used, transfer the meat, after it is brown, to a kettle deep enough to hold the beef and vegetables when the cover is on. Cover tightly and let simmer slowly for from four to five hours, turning twice. Add the vegetables at the end of four hours' cooking. After removing the meat and vegetables, thicken the gravy by adding one to two table-spoons of flour mixed with cold water for each cup of broth.

SWISS STEAK

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| 2 pounds steak cut $2\frac{1}{2}$ inches thick from shoulder, clod, or other tough section | Few slices onion |
| $\frac{1}{2}$ cup flour | Salt and pepper |
| 2 tablespoons savory fat | $\frac{1}{2}$ green pepper chopped fine |
| | 2 cups boiling water or |
| | 1 cup water and |
| | 1 cup strained tomatoes |

Season the flour with salt and pepper and pound it into the meat with a wooden potato-masher, or the edge of a heavy plate. Heat the fat and brown the meat in it. Add the onions, green pepper, boiling water and tomato. Cover closely. Simmer two hours. This may be cooked in a casserole in the oven. It would then be braized. Other vegetables may be added if desired.

SMOTHERED BEEF

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|----------------------------------|-------------------------------|
| 3 pounds rump or clod | 2 tablespoons mild prepared |
| Flour mixed with salt and pepper | mustard |
| 3 large onions sliced | 1 teaspoon celery seed |
| 3 tablespoons oil or drippings | 1 cup strained tomatoes or |
| | $\frac{1}{2}$ can tomato soup |

Dredge the meat with flour and brown it in a heavy pan. Brown the onions in the oil; add the mustard, celery seed and tomatoes. Pour this sauce over the meat and simmer three hours or more.

STUFFED BEEF

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|-------------------------------|--------------------|
| 1 slice of round 1 inch thick | 1 cup bread-crumbs |
| $1\frac{1}{2}$ cup suet | Salt and pepper |
| 1 tablespoon chopped onion | Flour |

The meat should be cut one inch thick from the entire center round, both upper and under cut. Lay the meat on a baking-board, sprinkle over it one cup chopped suet, and add a layer of plain, dry stuffing made of grated or crumbed bread, seasoned with salt, pepper and a chopped onion. Roll tightly and tie with wrapping-twine. When

ready to cook, melt one-half cup of suet in a flat-bottomed iron kettle. When very hot, flour the meat thickly and lay the roll in the kettle to brown. Turn from side to side until well browned, then add hot water nearly to cover, and simmer slowly for three hours. Keep the kettle covered while the meat is cooking. When done, lift out the meat, thicken the juices in the bottom of the kettle, using one to two tablespoons flour to each cup gravy. Pour this over the meat and serve.

This meat may be baked in the oven, by browning in the baking-pan, then adding water and baking. If a braizing pan is used the meat will need little attention. If such a pan is not used, baste often during the cooking.

BRAIZED OX-JOINTS

1 ox-tail (cut in two-inch pieces)	2 tablespoons flour
1 to 2 tablespoons fat	1 cup hot water
2 small onions	1 cup tomatoes
1 carrot	3 bay-leaves
1 tablespoon chopped celery	3 whole cloves
	Salt and pepper

Sauté the pieces of ox-tail in the fat. Add the sliced onion, carrot and celery, and brown all together. Sprinkle with browned flour. Add the hot water and tomatoes, bay-leaves, cloves, salt and pepper. Put into a casserole and cook slowly until the meat falls from the bones.

BRAIZED BEEF

2 to 3 pounds brisket, or round of beef	1 chopped carrot
Drippings	1 tablespoon chopped parsley
2 tablespoons butter or butter substitute	$\frac{1}{2}$ cup diced celery
1 chopped onion	1 cup canned tomatoes
	Salt and paprika

Cut the meat into cubes; brown in hot frying-pan with drippings. Stir the meat so it will cook quickly and not lose its juices. Tender cuts can be cooked whole. Remove the pieces to a closely covered kettle that can be used either on top of the range or in the oven. Rinse the pan with a quarter cup of boiling water to save all browned bits, and pour this over the meat. Cover tightly and cook slowly for two hours.

For the sauce, melt butter or butter substitute and brown the onion and carrot in it. Add parsley, celery and tomatoes. Heat thoroughly. Add seasonings. Pour the sauce over the meat and continue cooking for another hour.

BEEFSTEAK PIE

2 pounds rump, flank or chuck steak	Sliced potatoes
Pie paste	Butter or butter substitute
Chopped onion	Flour
Salt and pepper	Egg

Cut the meat into strips two inches long by one inch wide. Put them with the bone, just cover them with water and simmer until partly done. Line a baking-dish with pie paste, put in a layer of meat with a little finely sliced onion, salt and pepper, next a layer of sliced potatoes, with a bit of butter or butter substitute on each slice. Alternate the steak and potato layers until the dish is full. Thicken the gravy with browned flour and pour in, put on a top crust, brush it with beaten egg and bake until quite brown.

ROAST BEEF

Cuts suitable for roasts in the order of their economy are as follows: (1) the chuck or fifth rib roast and the round, both of which are apt to be tough; (2) the rump, which is more tender than the chuck; (3) the prime ribs, which are the most expensive but are the most tender, most attractive and the richest in flavor and most suitable for cooking with dry heat.

Beef for roasting should be carefully trimmed, weighed, rubbed with salt, pepper and flour and then skewered and tied into shape. The lean parts should be rubbed with drippings. The roast should then be placed, fat side upward, in a pan on a trivet or rack, and set in a hot oven to sear quickly and thus prevent an escape of the juices. When the meat has been lightly crusted, the heat may be moderated and the roasting continued. Twelve minutes to each pound of beef, plus fifteen minutes added to the total time, is a sufficient allowance of time if a rare roast is desired; if the meat is liked well done, more time should be allowed. Make a gravy from the drippings, using one tablespoon of flour and one cup water to one tablespoon of drippings.

Drippings not needed for the gravy may be saved for use in other ways. Part may be used as the fat needed for Yorkshire pudding.

YORKSHIRE PUDDING

1 cup flour	1 cup milk
½ teaspoon salt	2 eggs

Put flour, salt, milk and eggs together in a bowl. Beat well with a Dover egg-beater. Pour into a shallow tin that is well greased with

drippings. Bake for one-half hour in a hot oven, then place the pudding under the trivet that holds the roast beef, and leave it for about fifteen minutes, to catch the gravy that flows from the roast. If a trivet is not used, cut the pudding into squares and lay around the roast in the pan. Serve the pudding with the beef.

BAKED STUFFED FLANK STEAK

2 pounds flank steak	$\frac{1}{4}$ teaspoon pepper
1 cup crums	$\frac{1}{2}$ small onion
$\frac{1}{2}$ cup water or stock	$\frac{1}{2}$ cup celery
1 teaspoon salt	1 small carrot, diced
1 small turnip, diced	

Wipe steak, remove skin and lay out flat for stuffing. Make a dressing of crums, stock, salt, pepper, chopped onion and a small amount of celery and spread on the meat. Roll the steak with the grain so that when cut it may be cut across the grain of the meat. Place the diced vegetables in a roasting-pan and on them lay the meat. Add two or three cups of water, depending upon the size of the pan. Cover and bake slowly for three hours, or until tender. When cooked, remove the meat and thicken the broth.

FILLET MIGNON

Beef fillet	Salt and pepper
Salt pork	Flour
Butter or butter substitute	

The fillet is the under side of the loin of beef, the tenderloin. The skin and fat should be removed with a sharp knife, and also every shred of muscle and ligament. If the fillet is not then of a good round shape, skewer it until it is so. Lard the upper surface. Rub the fillet with soft butter or butter substitute. Dredge well with salt, pepper and flour, and place it without water in a small pan. Bake in a hot oven for thirty minutes, leaving it for ten minutes on the lower part of the oven, and then placing it on the grating for the remainder of the time. Serve with mushroom sauce.

BROILED STEAK

The best cuts of beef for broiling purposes are the tenderloin cuts, porterhouse, sirloin, the second and third cuts from the top of the round, and the coarse cut of rump steaks. Cuts suitable for steaks in order of their economy are as follows: chuck and round, flank, sirloin cuts, club and porterhouse.

All steaks except "minute" steaks are best cut at least an inch thick.

A cut one-fourth of an inch thick is often called "minute steak" because it is very quickly cooked through.

The object of cooking steak is to secure complete retention of juices. This is done by searing the outside at a high temperature without continuing the process so long that the meat becomes dry and toughened. The temperature should be high enough at first to coagulate the soluble proteins on the surface. This prevents the escape of the juices and develops a rich brown color and an appetizing flavor. The heat is then lowered and the interior of the meat cooks in its own juices.

Wipe the steak carefully and remove any unsightly bits of meat or fat. Heat the broiler and place the meat in it. Sear one side, turn it and sear the other side. Reduce the heat and continue the cooking, turning the meat as often as the juice begins to appear on the upper surface. Steaks one and one-half inches thick require eight to ten minutes for a rare steak and twelve to fifteen minutes for one that is known as well-done. Remove the steak to a hot platter and baste it with melted butter. Season with pepper and salt.

PAN-BROILED STEAK

Prepare the meat as for broiled steak. Heat an iron frying-pan very hot. Sprinkle it with salt. Place the steak in the pan, searing it first on one side and then on the other. Be careful in turning not to pierce with a fork. After both sides are seared, reduce the heat and continue the cooking, turning constantly. Serve in the same way as broiled steak.

BEEFSTEAK WITH ONIONS

Slice the onions in water and drain. Place in a shallow saucepan, cover closely, and cook over a slow fire for fifteen or twenty minutes, till tender. No water or fat should be used, as the onions contain both moisture and richness. Pan-broil the steak. Put the onions into the pan in which the steak was cooked and brown them. Serve steak with onions around it.

BEEFSTEAK WITH OYSTERS

1 steak	3 tablespoons butter or
1 quart oysters	butter substitute
1 tablespoon sifted flour	

Set the oysters, with a very little of their juice, over the fire; when they come to a boil, remove any scum and stir in the butter or butter substitute in which the sifted flour has been rubbed. Boil one minute, pour over the steak and serve at once.

BEEFSTEAK WITH MUSHROOMS

1 steak	1 cup brown stock
1 cup button mushrooms	1 teaspoon caramel
1 tablespoon butter or butter substitute	Salt and pepper
1 tablespoon flour	1 tablespoon mushroom catchup

Mix butter or butter substitute with the flour and gradually stir in the brown stock. When at the boiling-point, add the caramel, salt, pepper, mushroom catchup and button mushrooms. Keep this sauce hot while the steak is being broiled. Place the steak on a large platter, pour the mushroom sauce over it and garnish the dish with French fried potatoes.

PLANKED STEAK

1 steak 2 inches thick	Butter or butter substitute
Duchess potatoes	Chopped parsley
Various kinds of cooked vegetables	Salt Paprika

Trim the fat and make outline of the steak even. Sear it on both sides on a hot griddle or pan, using no fat. Cook fifteen minutes, turning frequently. Oil a heated plank (see directions for planked fish), place the steak on the plank, and arrange border of Duchess potatoes around it. Arrange other cooked vegetables, such as stuffed tomatoes or green peppers, small boiled onions, peas, string beans and cubes of carrot or turnip, around the steak, also, so that the board is entirely concealed. Place the plank in the oven until the potato border is browned and all the vegetables are heated through. After removing it from the oven, spread the steak with butter or butter substitute into which has been rubbed finely chopped parsley, salt and paprika. Send to table upon the plank.

HAMBURG STEAK

2 pounds chopped beef round	Onion-juice Flour
1/4 pound suet	Salt and pepper
Butter or butter substitute	

Have the butcher chop the beef and suet together, very fine. Press it into a flat steak about three-fourths of an inch thick, sprinkle with salt, pepper, a little onion-juice and flour. Broil on a fine wire broiler. Spread with butter or butter substitute and serve on a hot dish.

This steak is sometimes shaped into small, thin, flat cakes and sautéd in a frying-pan, a little pork fat being used to keep the meat from sticking to the pan. A gravy is made by thickening the juices in the pan, to which a little water has been added.

BAKED HAMBURG STEAK

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| 1½ pound beef round | 2 eggs |
| 2 cups bread soaked in milk | 4 hard-cooked eggs |
| 1 small onion | 1 cup tomatoes |
| 1 tablespoon butter or
butter substitute | ½ cup sliced onion |
| | Salt, pepper, ginger |

Chop the meat fine. Add the bread, one minced onion, seasonings to taste and the two uncooked eggs, well-beaten. Arrange the hard-cooked eggs end to end across the middle of the meat and roll the meat mixture around them. Place the roll in a baking-pan, pour over it a sauce composed of the tomatoes, sliced onions, butter or butter substitute and water, and bake, basting frequently with sauce. In serving, slice the roll crosswise. The hard-cooked eggs may be omitted.

BEEF LOAF

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| 1½ pound round steak | 2 tablespoons chopped parsley |
| 2 eggs | ½ teaspoon pepper |
| 1½ cup bread-crumbs | 2 teaspoons salt |

Chop the steak. Mix it thoroughly with the unbeaten eggs, bread-crumbs, chopped parsley, pepper and salt. Place in a bread-pan and press firmly until it is molded to the shape of the pan. Run a sharp thin knife-blade around the loaf, turn it out into a roasting-pan, place in a moderate oven and bake for about two hours, basting every quarter of an hour with hot stock. Cut in thin slices, and serve cold with horseradish. A hard-cooked egg may be molded in the center of the loaf to show prettily when sliced.

BEEF BALLS

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| 1½ pound beef from the
shank | 1 egg |
| ⅓ cup bread-crumbs | Flour |
| 3 tablespoons lard or salt
pork fat | Salt and pepper |
| 1 cup stock | 1 teaspoon lemon-juice |
| | Nutmeg |

Put the meat twice through a food-chopper, add bread-crumbs, salt, pepper, lemon-juice, a little nutmeg and the beaten egg. Shape into balls lightly and let them stand for half an hour or more to become firm, then roll them in flour and brown them in the frying-pan with lard or salt-pork fat. Take out the meat balls, add to the fat a tablespoon of flour and a cup of stock. Season well, put the meat balls into this mixture, cover the frying-pan closely and simmer for an hour and a half.

SCALLOPED CORNED BEEF

2 cups cooked corned beef	1 stalk celery
cut into cubes	2 slices onion
1 cup medium white sauce	Bread-crums
Butter or butter substitute	

Cook chopped celery and onions in the sauce. Put the corned-beef in a shallow baking-dish and add the sauce. Sprinkle with bread-crums moistened with melted butter or butter substitute. Brown in a hot oven.

BEEF MIRONTON

6 slices cold beef	6 onions
1 cup bouillon or	1 to 2 tablespoons fat
1 cup water mixed with	1 tablespoon flour
canned tomato sauce	2 tablespoons vinegar
Salt and pepper	Bread-crums

Slice the onions and brown them in fat in a frying-pan. Add the flour and brown. Then add vinegar, bouillon or the water and tomato sauce. Cook together until slightly thickened, stirring constantly. Season with salt and pepper. Smother the slices of beef in the sauce for a few minutes. Pour into a baking-dish; sprinkle some bread-crums over the top and bake for five minutes.

FRICASSEE OF BEEF

12 slices cooked beef	1½ teaspoon salt
2 tablespoons flour	½ teaspoon pepper
3 tablespoons butter or	2 cups water
butter substitute	1 teaspoon onion-juice

Season the meat with salt and pepper. Make a sauce of the fat, flour and water, and remainder of the seasonings. Add the cold meat and cook gently for three minutes, if it is rare beef, mutton or game; if the meat is veal or poultry, it may cook longer. Serve on a hot dish with a border of rice, mashed potatoes or toast.

BEEF HASH

2 cups chopped cold roast	1 cup beef gravy or hot water
beef or steak	4 tablespoons butter or butter
2 to 4 cups chopped boiled	substitute
potatoes	

Put butter or butter substitute into a frying-pan and then put in the meat and potato, salt and pepper, moisten with beef gravy or hot water and cover. Let it steam or heat through thoroughly, stirring

occasionally to mix it evenly and also to keep it from sticking. When done it should be neither watery nor dry, but just firm enough to stand well when dished. If onion is liked, fry two or three slices in the fat before the hash is added.

CORNED-BEEF HASH

2 cups chopped corned beef	$\frac{1}{2}$ cup milk or water
2 cups cooked potatoes	2 tablespoons butter, butter
Salt and pepper	substitute or savory fat

Mix beef and potatoes together lightly and season. Pour the milk into a frying-pan with half the fat and, when this is warm, turn in the hash, spreading it evenly and placing the rest of the fat, cut in pieces, on the top. Cover the pan and place it where the hash will cook slowly for half an hour. There should then be a rich, thick crust on the bottom. Do not stir the hash. Fold it as an omelet is folded and place it on a warm platter. This slow process of heating the hash gives it a flavor that can not be obtained by hurried cooking.

CREAMED DRIED BEEF

$\frac{1}{2}$ pound dried beef	4 tablespoons flour
2 tablespoons butter or	Pepper
butter substitute	1 egg
2 cups milk	

Place the butter or butter substitute and one and one-half cup of milk in a small frying-pan. When hot, add the beef, shredded. Cook three minutes. Rub the flour smooth in one-half cup cold milk, add a dash of pepper and stir into the beef. As soon as it thickens, draw the pan back, simmer five minutes, add the well-beaten egg and serve at once. The hot gravy will cook the egg sufficiently. The egg may be omitted.

VEAL POT PIE

3 pounds veal	Salt and pepper
2 onions	5 potatoes

The neck, ends of ribs, knuckle, breast or shoulder may be used. Cut the meat into two-inch cubes and place them in a kettle with the onion, salt and pepper, and just enough water to cover them. Simmer gently until the meat is tender, about an hour usually being sufficient. Strips of salt pork are sometimes cooked with the veal and add much to the flavor. Half an hour before serving, add the potatoes, cut in halves, and cook them with the meat.

Place dumplings around the edge of a platter and with a skimmer lift the meat and potato from the kettle and lay them in the center. Thicken the gravy in the kettle with a little flour stirred to a thin smooth paste with water. Pour the gravy over meat and dumplings. (The Index will tell you where to find the recipe for dumplings.)

BRAIZED VEAL

5 pounds shoulder of veal	1 tablespoon sliced onion
2 tablespoons butter or	Salt and pepper
butter substitute or	4 cups boiling water
other savory fat	

The breast, neck, ends of ribs or knuckle may be used, as well as the shoulder. Remove the bone from the shoulder and tie the meat together to make it firm. Heat the fat and onion in a kettle. Season the veal with salt and pepper, put it into the kettle and sear it on all sides until brown. Pour over it the boiling water and cover tightly. Set the kettle in a slow oven and bake for two and one-half hours. Serve either hot or cold. If served hot, make a thickened sauce of the liquor in the kettle. When cold, the gravy will form a jelly to serve with the cold meat.

FRICANDEAU OF VEAL

This is a thick piece of lean meat cut from the top of the leg. It is always cut high in the center and trimmed at the outside, making really a little mound of meat. Lard the top and braize it in a braizing-pan (see "Braized Beef"). Serve with a gravy made by slightly thickening the juice in the bottom of the pan.

VEAL PIE

2 pounds veal, ribs, neck	2 tablespoons butter or
or knuckle	butter substitute
Puff paste or other rich paste	1 teaspoon salt
2 tablespoons flour	Pepper

Cut the meat into small pieces and stew until tender. Line a baking-dish with puff paste. Set a small inverted cup in the middle of the dish. Put in the meat, dredge it with flour, add butter or butter substitute and seasoning, and nearly cover with the stock in which the meat was cooked. Cover with puff paste. Bake three-quarters of an hour in a quick oven. If one-half pound of good corned pork or sweet ham is cut in thin slices and parboiled with the veal, a nice flavor is added and very little, if any, butter or substitute need then be used, nor is any other salt necessary. Hard-cooked eggs cut

in slices and arranged in layers on the veal and ham are an addition to this dish. When serving, lift the inverted cup and let the gravy flow back into the dish.

VEAL CUTLETS WITH CREAM GRAVY

2 pounds veal cutlets	Drippings
Salt and pepper	1 cup milk or cream
Egg	1 tablespoon flour
Bread or cracker-crums	

Wipe the cutlets, sprinkle with salt and pepper, dip them first in beaten egg and then in fine bread or cracker-crums, and sauté in drippings until brown. If preferred, they may be cut into small pieces of similar size and pounded with a rolling-pin until little more than a quarter of an inch in thickness and then egged and crumbed and sautéd. The cutlets should be thoroughly browned on both sides. Place them on a platter, add cream to the gravy in the pan, and thicken slightly with flour rubbed to a smooth paste with a little cold water. They may be served with slices of bacon. Tomato sauce may be used instead of milk sauce.

VEAL CUTLETS AND SOUP

3 pounds veal shank	3 cups brown stock
Crums	A few peppercorns
Salt	Celery salt
Egg	$\frac{1}{2}$ cup diced potatoes
Butter or butter substitute	$\frac{1}{2}$ cup diced turnips
Parsley	

Cook a veal shank in boiling salted water until tender. Remove as much meat as possible from the bone and cut the pieces to resemble chops. Season the veal well. Roll in crums, egg and crums again, and sauté in butter or butter substitute. Garnish with parsley.

For the soup, take the remaining portion of the shank and put it into a kettle with the stock and a few peppercorns, salt, celery salt, and any other seasonings desired. Add the potatoes, turnips, and a little parsley. Cook for one-half hour.

This veal shank provides a soup and cutlets for a family of six.

VEAL COLLOPS

2 pounds veal	Cracker-crums
Egg	Salt and pepper

Cut the veal in pieces the size of an oyster, dip in beaten egg, roll in cracker-crums and season with salt and pepper. Fry in deep fat.

VEAL AND HAM

$\frac{1}{2}$ pound sliced ham Salt and pepper
 $1\frac{1}{2}$ pound veal cutlets

Fry the ham, using no fat unless the meat is unusually lean. Remove the ham and place on the serving-dish. Cook the veal in the juices left from the ham, frying without covering until it is a deep brown. Put the veal on the same dish with the ham, add a little water to the gravy, season with salt and pepper, and pour it, without thickening, over the meat.

ROAST VEAL

4 pounds veal Butter or butter substitute or
 Salt and pepper salt pork or bacon
 Flour

A roast may be cut from the leg, the loin, the rack, or the shoulder, or the breast may be boned for a roast. A fillet of five or six pounds from the heaviest part is the most economical for roasting. If the leg is used, it should be boned at the market, and the bone should be used for stock. Stuffing improves many roasts of veal (see recipes below).

Wipe the meat, dredge with salt, pepper and flour and place it in a pan, with some fat. Roast, allowing twenty to thirty minutes for every pound of veal. Unless cooked in double roaster, baste every twenty minutes, using the liquid in the bottom of the pan as soon as there is sufficient for basting. Make a gravy, following the directions for roast-beef gravy.

STUFFED BREAST OF VEAL

4 pounds breast of veal 1 teaspoon sweet marjoram
 1 cup bread-crumbs 1 teaspoon thyme
 2 slices fat salt pork 1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

The butcher will prepare the veal for stuffing, if requested to do so. If he has not done so, make an incision between the ribs and the meat, to form a cavity. Fill this cavity with stuffing made from the bread-crumbs, pork, sweet marjoram, thyme, salt and pepper. Roast, following directions for roast veal.

ROLLED VEAL LOIN

6 pounds loin of veal 1 teaspoon chopped parsley
 $\frac{1}{2}$ pound sliced boiled ham Grated rind of one lemon
 2 hard-cooked eggs Salt and pepper
 1 raw egg Drippings
 1 cup bread-crumbs Stock or water
 $\frac{1}{4}$ teaspoon chopped thyme

Have the kidney end of the loin carefully boned and cut into a long shape like a flap. Line it with slices of boiled ham and hard-cooked eggs. Remove all the skin and fat from the kidney, chop fine and mix with fine bread-crumbs, chopped thyme, parsley, the grated rind of a lemon, pepper and salt. Bind together with egg and spread it over the veal on top of the sliced ham and eggs. Roll the piece and fasten tightly with skewers, or in any convenient way. Roast in a moderate oven for one hour or more, basting with plenty of fat to prevent its drying. Then put some good stock in the pan with the veal to a depth of two inches, cover the pan and allow the veal to stew gently two or three hours. Serve with brown sauce. Rolled veal is good cold.

VEAL LOAF

2½ pounds veal, knuckle	1 cup water or stock
or shin	1 egg
¼ pound salt pork	½ teaspoon sage
2 teaspoons salt	2 tablespoons butter or
1 teaspoon chopped onion	butter substitute
1 cup cracker-crumbs	

Chop the veal and pork very fine and add salt, onion, crumbs, one-half of the water or stock, the egg and sage. Mix all well together. Oil a small pan and press the mixture into it like a loaf, making it about six inches high. Cook for two hours in a moderately hot oven, basting with the remainder of the water or stock, in which the butter or butter substitute has been melted. Serve with the following sauce:

2 tablespoons butter or	2 tablespoons flour
butter substitute	1 cup milk
Salt and pepper	

Heat the butter or butter substitute and stir in the flour. When well browned, make into a sauce with the milk and seasoning. Pour into the sauce the gravy that remains in the pan after baking the loaf, and having stirred the sauce well, turn it over the loaf and serve.

This dish may be served hot or cold.

JELLIED VEAL

A knuckle of veal	Stalk of celery
½ onion	Salt and pepper
Few slices carrot	

Place the veal in boiling water, and simmer until tender, together with the carrot, onion and celery. Remove the veal from the liquid and cool both. When the meat is nearly cold, cut it into tiny cubes,

or chop it fine; remove the fat from the broth, reheat the liquid and stir the veal into it, adding salt and pepper, and other seasoning if desired. Pack the hot mixture into a mold, cover with a buttered paper, place a weight upon it and let it stand until set. Serve cold, sliced thin, with salad.

SPECIAL NOTES ABOUT MUTTON

Mutton flavor, which is considered objectionable, is chiefly due to the outside fat. This should be removed before cooking. The mutton flavor may be rendered less noticeable by rubbing the meat with lemon-juice or by putting slices of lemon in the water in which the mutton is boiled. Mutton marinated in oil and vinegar or in spiced vinegar becomes very tender. The marinade also tends to absorb or neutralize the mutton flavor. Mutton may be served rare, but lamb should be well cooked. Mutton should always be served very hot. It needs some acid served with it, hence it should be accompanied by caper sauce, mint sauce, tart jelly or spiced fruit.

BOILED LEG OF MUTTON

1 leg of mutton 1 cup rice Salt and pepper

Put the mutton in a kettle, pour over it hot water sufficient to cover it, and add a cup of well-washed rice. When the water boils, skim it carefully, and allow it to simmer, fifteen to twenty minutes to each pound of meat, if the mutton is desired rare, twenty to twenty-five minutes to each pound, if desired well done. Season with salt and pepper. Serve with caper sauce.

MUTTON STEW

2 pounds neck, plate or
shoulder of mutton 6 onions
2 pounds potatoes Salt and pepper
3 to 4 cups hot water

Cut the mutton into small pieces and arrange in a stew-pan. Sprinkle with salt and pepper, and add the hot water. Cover closely and let the stew simmer for one hour, shaking the pan occasionally. Add the potatoes and onions, peeled and sliced, and cook another hour. Serve very hot. If desired, dumplings may be served with this stew (see Index for recipe).

HOT POT MUTTON AND BARLEY

1 pound mutton 4 potatoes
3 onions Celery tops or seasoning herbs
½ cup pearl barley 1 tablespoon salt

Cut the mutton in small pieces, and brown with the onion in fat cut from the meat; this will help to make the meat tender and improve the flavor. Pour this into a covered saucepan. Add two quarts of water, and the barley. Simmer for one and one-half hour. Then add the potatoes, cut in quarters, and the seasoning, and cook one-half hour longer.

BRAIZED LEG OF LAMB

1 leg lamb	1 sprig each thyme and parsley
Cracker-crum stuffing	$\frac{1}{4}$ cup drippings
$\frac{1}{2}$ onion	3 cups hot water
1 carrot	$1\frac{1}{2}$ teaspoon salt
1 turnip	12 peppercorns
$\frac{1}{2}$ bay-leaf	

Have the leg of lamb boned. Wipe, stuff with cracker-crum stuffing, sew and place in a deep pan. Cook the sliced onion, the diced carrot and turnip, bay-leaf, thyme and parsley in the drippings for a few minutes. Add the hot water, salt and peppercorns, and pour the mixture over the meat. Cook slowly for three hours, with the dish covered except for the last half hour. Make a brown gravy out of the strained broth in which the meat has been cooked.

BRAIZED SHOULDER OF MUTTON

6 pounds mutton from the shoulder	4 cloves
1 onion	$\frac{1}{2}$ bay-leaf
1 carrot	1 quart water
1 stalk celery	6 small turnips
	Salt

Cut the onion, carrot and celery into small pieces and put them with the shoulder of mutton into a deep baking-dish. Cover and put into the oven. Allow the mutton-juice to permeate the vegetables and brown with them. Then add the cloves, bay-leaf and water. Cook in a moderate oven until the meat is tender, which will be about twenty minutes for each pound. Peel and parboil the turnips, and cook them with the meat for one hour before serving. Season to taste with salt.

BRAIZED BREAST OF MUTTON

1 breast mutton	1 lemon
Few slices bacon	1 onion
$\frac{1}{2}$ pint stock	Salt

Line the bottom of a casserole or other earthenware baking-dish with a few thin slices of bacon, lay the mutton on these and put over it the lemon, peeled and cut into slices. Cover with one or two more slices of bacon and add the stock and onion. Cover the dish. Cook slowly on the top of the stove or in the oven until the meat is tender. Add salt to taste.

BRAIZED LEG OF MUTTON

1 leg mutton	3 cups water
2 tablespoons butter or drippings	$\frac{1}{2}$ dozen cloves
$\frac{1}{2}$ cup each celery, carrots and onions, finely chopped	1 clove of garlic
3 cups vinegar	2 tablespoons chopped parsley
$\frac{1}{2}$ teaspoon each of powdered thyme and marjoram	1 dozen peppercorns
	$\frac{1}{2}$ bay-leaf
	Salt
	1 pint sour cream
	$\frac{1}{2}$ pint stock

Sauté the celery, carrots and onions in the fat until light brown, add the vinegar and water, and cook until the vegetables are soft. When this mixture is cool, pour over the leg of mutton, which should be carefully covered and which, for this reason, should be in a dish just large enough to hold it. Add seasonings. Allow the mutton to lie in this mixture for twenty-four hours. Upon removing it, drain quite dry and bake in a moderate oven for thirty minutes. Then pour the sour cream and stock around it and cook until tender, basting frequently. Reduce the liquor in which the meat was soaked to a small amount, strain it and pour it over the meat.

ROAST LAMB

6 pounds roast of lamb	Bread Stuffing No. 3 if the
Salt and pepper	breast is used
Flour	

For roasts, the familiar "leg" (which is the hind leg) is used, also the loin, the rack (from the rack comes the crown roast), the plate, the breast and chuck.

Wipe the meat, dredge with salt, pepper and flour and roast on a rack, basting often and allowing twenty minutes to a pound. If more fat is required for basting, use butter, butter substitute or drippings. Serve on a hot platter with mint sauce.

If the roast is from the breast, stuff with Bread Stuffing No. 3.

ROAST CROWN OF LAMB OR MUTTON

1 crown lamb or mutton
Salt
Salt-pork cubes

Green peas
Mashed potatoes

A crown is composed of two or three sections of the loin containing the rib chops, the ends of the ribs having been scraped as for French chops and the sections sewed together so that the ribs curve upward and outward. These ends should be of the same length. To prevent the ends of the bones from charring while roasting, cap each one with a small cube of salt pork. Dissolve a teaspoon of salt in a half cup of water and pour over the roast when in the pan. Roast for about one hour. Remove the cubes of pork and cover the ends of the bones with small frilled paper caps. (In cities, these caps are easily obtainable ready made.) Fill the center of the crown with mashed potatoes and surround with buttered peas.

BAKED LEG OF MUTTON

1 leg of mutton Flour Salt and pepper

Wipe the mutton with a damp cloth, remove the outside skin and excess of fat, sprinkle it with salt, pepper and flour, and place on a rack in a roasting-pan. Allow fifteen or twenty minutes to a pound for roasting. When the meat is done, remove it from the pan. Also remove all except one tablespoon of the fat. In this, brown two tablespoons flour, add one and one-half cup boiling water, and stir constantly until it thickens. Cook two minutes. Season to taste and strain. Serve as gravy.

ROAST SADDLE OF MUTTON OR LAMB

1 saddle of mutton or lamb Flour Salt and pepper

Wipe the meat thoroughly, sprinkle with salt and pepper, and dredge with flour. Place on a rack in a roaster and bake an hour or more, according to size, basting every fifteen minutes. Serve with mint sauce or currant jelly. The gravy in the pan should be served with this dish.

FRENCH CHOPS

French chops are made by scraping the meat and fat from the bones of rib chops for a little distance from the end. Broil them over a quick fire, season with salt, pepper, butter or butter substitute, and serve at once.

They may be sautéed or fried. When cooked in this way, they are first seasoned with salt and pepper and dipped in beaten egg and then in cracker-crumbs ("breaded").

MUTTON CHOPS

6 mutton chops Oil Salt and pepper

Mutton chops should be not less than one inch thick. They should be sprinkled with salt and pepper, oiled on both sides and broiled, being turned very often. Have them slightly underdone, and serve on a hot chop-dish, garnishing with French fried potatoes and sprigs of parsley.

These chops, also, may be breaded. Select chops with little fat, dip them in well-beaten egg, roll in cracker-crumbs, and fry in deep fat. Serve with tomato sauce.

BROILED BREAST OF LAMB

1 breast of lamb Butter or butter substitute
Salt and pepper

This is a very delicious dish, but the broiling must be done carefully. If the fire is too bright, the meat will soon scorch. Turn the inside of the meat toward the fire and broil very moderately; turn the meat often. When done, spread thinly with butter, butter substitute or savory fat and season with salt and pepper.

The breast of lamb is sold in most markets with the foreleg attached; this should be cut off before the piece is broiled, because it is thick in comparison with the rest of the piece and therefore is difficult to cook sufficiently by broiling.

LAMB OR MUTTON CUTLETS

2 pounds loin cutlets Flour Salt and pepper

Trim the cutlets and remove the fat, dip them in cold water, season with pepper and salt and sprinkle flour on both sides. Wet the inside of a thick saucepan with cold water, leaving about two tablespoons of the latter in the pan. Lay the cutlets in flat, place over a gentle fire and simmer for one hour or more, turning the cutlets when half done. Unless cooked slowly, the cutlets will not be tender or good. Season and serve with pan gravy. A little water may be added to the gravy, if necessary.

LAMB STEW

Follow directions for mutton stew or veal pot pie.

ROAST LEG OF PORK

1 leg of pork
Salt and pepper

Flour
Onion, if desired

Score the skin in squares or in parallel lines running from side to side. Sprinkle the meat with salt and pepper, dredge lightly with flour and roast slowly, twenty-five minutes to a pound. Make a gravy from four tablespoons of the fat in the pan, four tablespoons of flour and two cups of hot water. Season with salt and pepper. A small onion roasted in the pan with the meat is a great addition. It takes off the "piggy" flavor that may be disagreeable and noticeable in old pork.

The loin and the shoulder of pork may be roasted, also.

ROAST SPARERIBS

Pork spareribs
Salt and pepper
Flour
Bread-crums

Powdered sage (may be omitted)
Minced onion
Butter, butter substitute or cooking oil

Trim the ends of the ribs neatly, crack them across the middle, and sprinkle with salt and pepper. Cover the meat with greased paper and leave this paper on until the meat is half done; then remove the paper and dredge the meat with flour. In ten minutes, baste with butter, butter substitute or cooking oil, and afterward baste every fifteen minutes with the gravy. This is a necessity, as this meat is very dry. Just before taking the pork from the oven, strew its surface with bread-crums mixed with the seasonings. Cook five minutes, and baste once more. Make the gravy as directed for roast leg of pork, strain, and pour it over the meat, or serve in a gravy-dish.

Spareribs may be filled with Bread Stuffing No. 4, using twice the amount of the stuffing recipe. In this case, the ribs are cracked crosswise the entire length in two places, the stuffing is placed in the center and the two ends are folded over and tied.

PORK AND SAUERKRAUT

2 pounds spareribs
Seasoning

1 quart sauerkraut, fresh
made or canned

Wash spareribs and place in roaster. Season well with salt, pepper and any other seasoning desired, and bake in a moderate oven for one and one-half hour. Heat the sauerkraut. Arrange spareribs on platter and surround with sauerkraut.

ROAST LITTLE PIG

1 pig, three weeks old	Flour
Butter or butter substitute or other fat	Bread Stuffing No. 4, using four times the amount of recipe

After the pig has been drawn and scraped, cover the point of a wooden skewer with a piece of soft cloth, and work skewer into the ears to clean them. Clean the nostrils in the same way and also the vent near the tail. Scrape the tongue, lips and gums with a sharp knife, wipe them with a soft cloth, and take out the eyes. Wash the pig well with cold water, wipe dry and rub a tablespoon of salt on the inside.

Fill the pig with stuffing. Press the forefeet forward and the hindfeet backward and skewer them into position. Force the mouth open and place a small block of wood between the teeth. Oil two sheets of paper and pin them about the ears. Sprinkle the pig with salt, rub it all over with soft butter, butter substitute or oil, and dredge with flour. Then place it in the roasting-pan, and cook at least three and one-half hours, basting every fifteen minutes with fat or oil, and sprinkle lightly with salt and flour after each basting. Water should not be used, if the surface of the meat is desired crisp. Remove the paper from the ears during the last half hour. When ready to serve, remove the block from the mouth, inserting in its place a small ear of corn, a small lemon or a small apple. Serve apple sauce with this dish.

CROWN ROAST

1 crown of pork	Steamed apples
Cubes of salt pork	Salt and pepper
Mashed potatoes	Cranberries.

Select ribs of a young pig and have the butcher make a crown, like a crown roast of lamb or mutton. Cover the tip of each bone with salt pork. Roast as spareribs are roasted, and serve with mashed potatoes inside the crown and a border of bright red steamed apples as a garnish. The apples should be of uniform size and steamed, rather than baked, to preserve their color. Remove the cubes of salt pork and cap each bone with a large cranberry, or with a paper frill. (See "Roast Crown of Lamb.")

SAUTÉD PORK CHOPS

Pork chops are sautéed in the same way as mutton chops. Some cooks sprinkle a little powdered sage over them, as well as salt and pepper, and thicken the gravy with flour. Sautéed apples are delicious served with the sautéed pork chops. Tomato sauce is good also.

PORK PIE

2 or 3 pounds thick end of loin of pork	Salt and pepper
1 cup stock or water	1 or 2 tablespoons catchup
Plain pie paste	Parsley
	Onion

Cut pork into thick slices three inches long by two wide. Put a layer on the bottom of a pie-plate and sprinkle chopped parsley and onion, salt and pepper over it. Repeat until the dish is full and then pour in stock or water and catchup. Put a strip of good plain paste around the edge of the dish, cover with the paste, cut an opening in the center, and set the pie in a rather hot oven. When the crust rises and begins to color, place the pie in the bottom of the oven, put a piece of paper over it and bake at a lower temperature for two hours. Often the meat is partly cooked before the crust is put on.

FRESH PORK WITH VEGETABLES

1 pound pork butt	1 small red cabbage
4 large carrots	Seasoning
4 large parsnips	

Boil the piece of pork one and one-half hour. Cook the vegetables in the same kettle until they are soft, then remove them and finish cooking the meat. Cut the pork into thin slices. Arrange them side by side down the middle of a large platter, and make a border of the cabbage, quartered, and the other vegetables cut into lengths.

BOILED PIGS' FEET

6 pigs' feet	1½ tablespoon salt
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Scrape and wash the feet thoroughly and tie each separately in a piece of cheese-cloth. Put them into a kettle or stew-pan, cover with boiling water and add the salt. Let the water boil up once, then set back on the fire and simmer for six hours. Cool in the water. When cold, drain, but do not take off the cloth, and place the feet on a platter. The next day they will be ready for broiling, frying or pickling.

BROILED PIGS' FEET

6 boiled pigs' feet	Flour
Salt and pepper	Butter or butter substitute

Split each foot, dredge with salt, pepper and flour and broil over clear coals for ten minutes. Serve on a hot platter, seasoning with butter or butter substitute, salt and pepper.

FRIED PIGS' FEET

6 boiled pigs' feet	1 egg
Salt and pepper	Bread-crumbs
Lemon-juice	

Split the feet and season well with salt, pepper and lemon-juice. Dip in beaten egg, then in bread-crumbs and fry five minutes in deep fat. Drain and serve immediately.

BROWNEP PIGS' FEET

6 boiled pigs' feet	Butter or butter substitute
$\frac{1}{2}$ cup crumbs	2 cups boiled beets, fresh
1 egg	or canned

Dip the feet in beaten egg, then in crumbs, and brown in butter or butter substitute. Bake in casserole, basting with butter or butter substitute. Serve in the casserole with beets surrounding the pigs' feet.

SOUSE OR PICKLED FEET

4 good-sized boiled pigs' feet, with uppers	1 tablespoon broken cinnamon
1 quart strong vinegar	$\frac{1}{4}$ cup salt
4 bay-leaves	2 teaspoons pepper
1 tablespoon whole cloves	$\frac{1}{2}$ onion
	1 blade mace

Clean the feet carefully, and cover them with hot water. Boil slowly until the meat will separate from the bones, then take them up carefully on a skimmer, and place them in a stone jar, taking out the largest bones. Set the water aside in a cool place to be used later.

Place the vinegar on the fire, adding bay-leaves, cloves, cinnamon, salt, pepper, onion cut in eighths, and mace. Steep slowly in the vinegar for forty-five minutes, but do not allow the vinegar to boil rapidly at any time. Remove the fat cake from the top of the water in which the feet were boiled, and save it for cooking purposes. Add about one quart of the water to the vinegar; if the vinegar is not very strong, less water must be added, so that the vinegar may not be too much diluted. Strain the liquid through a sieve to remove the spice, etc., and pour it over the meat in the jar, helping it through the meat with a knife and fork until the two are thoroughly mixed. Set the jar in a cold place for two days.

SCRAPPLE

1 hog's head	Corn-meal
Salt and pepper	Buckwheat flour
Powdered herbs	

Scrape and clean a hog's head, then split it and take out the eyes and brain. The butcher will do this, if requested. Clean the ears and

scrape them well. Put all on to boil in plenty of cold water and simmer gently for four hours, or until the bones will easily slip from the meat. Lift out the meat and bones into a colander, remove the bones and chop the meat fine. Skim off every particle of grease from the water in which the meat was boiled, and return the chopped meat to the stock in the kettle. Season highly with salt and pepper and powdered herbs. Add enough corn-meal and buckwheat flour, in equal quantities, to make a soft mush, stirring constantly for the first fifteen minutes, then lower the heat and cook for one hour. Pour into bread pans, cool, and keep in a cold place until needed.

The scrapple may be served cold or may be cut into slices, dipped in egg and cracker-crumbs and sautéd.

HEAD-CHEESE

1 hog's head with ears and tongue	Sage
Salt and pepper	Sweet marjoram
	Powdered cloves

Head-cheese is usually made of the head, ears and tongue of pork. Clean the head with the utmost care and boil all the meat and bones in salted water until the meat is very tender, about two or three hours. Take out the head, place it in a colander to drain, and remove all the bones. Cut the ears in very thin slices. Season the whole to taste with salt, pepper, sage, sweet marjoram and other herbs, and a little powdered cloves. Mix the mass well, and pack it tightly in a bowl, interspersing layers of the mixture with slices of the boiled ears. Press the whole into a compact shape and cover with a plate, on which place a heavy weight. The head-cheese will be ready to use in two or three days. It may be cut in thin slices and served with vinegar and mustard, or it may be cut in slices, dipped in egg and cracker-crumbs and fried.

BAKED PIG'S HEAD

1 pig's head	Biscuit dough	Salt and pepper
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Clean the pig's head and parboil it. Season with salt and pepper. Pat out biscuit dough and roll the head in the dough. Bake until brown.

BOILED HAM

1 ham	Brown sugar	Whole cloves
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Wash the ham thoroughly, put it on the stove in a kettle of cold water, let it come to a boil, then keep it simmering until done. Allow about twenty minutes to the pound. If it is to be served hot, peel

off the skin and rub with brown sugar, stick in a few whole cloves and bake in a hot oven long enough to brown. If the ham is to be served cold, let it stand in the pot until the water becomes cold, then peel off the skin and serve.

ROAST HAM

1 ham
Brown sugar
Soft bread-crumbs

1 teaspoon mustard
Whole cloves

Boil the ham whole, and skin it. Cut off some of the superfluous fat. Mix brown sugar and soft bread-crumbs, in the proportion of four parts sugar to one of crumbs, add one teaspoon mustard, and spread the mixture over the ham. Insert cloves about one inch apart, making a diamond pattern. Bake one-half hour, or until well glazed.

BROILED HAM

Place the slices on broiler and turn them frequently. Either boiled ham or raw ham may be used for broiling.

FRIED HAM WITH CREAM GRAVY

1 pound ham in slices
about $\frac{1}{2}$ inch thick
1 tablespoon flour

1 cup milk
Pepper

If the ham is too salt, place it in a frying-pan, cover with cold water and set the pan on a range in mild heat. When the steam commences to rise, pour off the water and add more cold water. As soon as this water steams, lift out the slices of meat and drain well before frying. Place the meat in a hot pan, and cook without addition of fat, unless the ham is exceptionally lean; in this case, a spoonful of pork drippings should be used. When the ham is nicely browned, place it on a platter, and add a cup of milk to the fat in the pan. When this boils, thicken it to a cream with flour mixed to a smooth paste with a little cold milk, season with pepper, then turn the gravy over the ham. A more simple gravy is made by adding a little hot water to the fat in the pan and pouring this over the meat.

FRIED HAM AND EGGS

Fry a slice of ham, browning both sides. Break each egg separately in a saucer and slip into the hot fat in the frying-pan. Lower the heat, and baste with the hot fat. As soon as the color changes, they are done. Place them on top of the ham and send to the table hot.

POTTED HAM

1 cup cold cooked ham	Powdered mace
Cayenne pepper	Mustard

Mince some cold, cooked ham, mixing lean and fat together, and pound in a mortar, seasoning with a little cayenne pepper, mace and mustard. Put into a baking-dish and place in the oven for one-half hour; afterward pack it into pots or little stone jars, covering with paraffin and paper. This is convenient for sandwiches.

SAUSAGES

1 pound sausage	1 cup milk
1 tablespoon flour	Salt and pepper

When cooking sausage in casings, prick the skins with a steel fork to prevent their bursting. If cooking in bulk, shape the sausage meat into balls with the hands. Place them in a hot frying-pan and fry until brown, adding no fat, as there will generally be plenty in the meat. When done, remove the sausage to a platter. Pour off all but one tablespoon of fat, add one tablespoon of dry flour and cook one minute, stirring all the time; then gradually add one cup of milk, still stirring. When the gravy is boiling and is of a creamy consistency, add salt and pepper to taste, pour the gravy over the sausage and serve.

FRIED OR BROILED BACON

Cut the bacon very thin. Place in a hot pan and cook until brown. Turn the slices frequently, and in cooking a large quantity remove some of the fat from the pan occasionally. Regulate the temperature, in order not to burn the fat.

To broil bacon, place the strips on a broiler and lay the broiler over a dripping-pan. Bake in the oven or broil under a gas flame.

Bacon fat should be saved for use in cooking.

BACON AND EGGS

Fry lean strips of bacon until crisp. Remove and lay them on a platter. Break the eggs separately, gently slide them into the bacon fat and cook until they are set.

FRIED SALT PORK WITH CREAM GRAVY

1 pound salt pork	1 pint milk
10 tablespoons flour	Salt and pepper

Cut the slices thin and place them in cold water. After they have soaked one hour, drain well and dry them on a napkin. Heat the

frying-pan very hot. Place one-half cup of flour on a plate and dip each piece of meat in it. Fry until crisp. Drain off all but two tablespoons of the fat and stir two tablespoons of flour into that remaining in the pan. Cook two minutes, stirring well, then draw the pan back on the range, and slowly add one pint of milk. When the gravy is smooth, cook one minute and add pepper and salt, if needed. Turn the gravy over the meat and serve.

GRILLED SALT PORK

Cut thin slices from the thick fat part of side pork. The slices should be clear white and thinly streaked with lean. Hold each on a toasting-fork before a hot fire, immersing it frequently in cold water, to remove the extra fat and make it delicious. Cover the slices, as cooked, in a warm pan and serve them hot.

BAKED LIVER WITH STUFFING

1 calf's or lamb's liver
Salt and pepper
Salt pork

1 tablespoon butter or
butter substitute
Bread Stuffing No. 3

Wash the liver well in cold, salted water. Make an incision in the thickest part with a long, narrow sharp knife, enlarging the aperture where the blade enters as little as possible, but moving the point of the knife to and fro to increase the size of the cavity. Fill with stuffing. Season the liver with salt and pepper and flour it. Place it in a roasting-pan, lay strips of fat salt pork over it, and add a little water. Roast for one hour, basting every twenty minutes. When done, thicken the gravy in the pan and serve with the meat.

LIVER AND BACON

$\frac{1}{4}$ pound bacon
 $1\frac{1}{2}$ pound calf's or lamb's
liver

1 tablespoon flour
Salt and pepper

Cut the liver one-fourth of an inch thick, wash it in cold water, scald in boiling water for five minutes, to draw out the blood, and dry on a napkin. Cut the bacon in very thin slices, place them in a hot frying-pan and turn constantly until all are crisp, but not too brown; then take them up and keep hot. Place the frying-pan where the heat will not be so great as when the bacon was cooked, and fry the liver ten minutes, turning it frequently. Slow cooking spoils bacon and rapid cooking hardens and toughens liver.

Place the liver in the center of the platter with the bacon around it as a garnish. Put flour into the hot fat in the pan and stir until brown. Make a medium sauce of this browned flour and water. Season with salt and pepper, and pour the gravy over the liver and bacon.

PREPARING SWEETBREADS

Sweetbreads should be plunged into cold water as soon as they are received, and soaked for one hour, then they should be parboiled in acidulated, salted water (one teaspoon salt and one tablespoon vinegar to one quart water) for twenty minutes. After draining they should be plunged into cold water again to make them firm. The little strings and membranes, which are easily detached after parboiling, should be removed.

BROILED SWEETBREADS

2 pairs sweetbreads	Lemon-juice
Butter	Salt and pepper

Prepare as directed, then cut into thin slices, sprinkle with salt and pepper, and broil. Serve with melted butter to which a little lemon-juice has been added.

FRIED SWEETBREADS

2 pairs sweetbreads	Salt and pepper
2 tablespoons flour	Egg
1 cup milk	Bread or cracker-crums

Prepare as directed and cut in even-sized slices. Sprinkle with salt and pepper, dip in beaten egg and crumbs and fry in deep fat. When well browned on both sides, place them on a platter. Make a sauce with two tablespoons of the fat in which the sweetbreads were fried, the flour and milk and season with salt and pepper.

Fried sweetbreads are often served with green peas, placed in a mound or a little hill in the center of the platter. Macaroni may be boiled very tender and laid on the platter and the sweetbreads placed in the center, the pipes of the macaroni being laid about them in the form of a nest.

CREAMED SWEETBREADS

2 pairs sweetbreads	1 teaspoon minced parsley
4 tablespoons butter or butter substitute	2 cups milk or cream
4 tablespoons flour	Salt and pepper

Prepare as directed and cut into dice. Make a white sauce with the fat, flour and milk or cream, add the sweetbreads, and stir steadily until very hot. Season with salt and pepper and minced parsley.

LARDED SWEETBREADS

2 pairs sweetbreads	1 pint seasoned stock
Salt pork for larding	6 slices toast

Prepare sweetbreads as directed. Lard them with salt pork, letting the ends of the strips curl over the edge of the sweetbreads. Lay in a roasting-pan, pour the stock over them, cover and cook slowly for one hour. Serve on toast. Thicken the gravy in the pan and pour it around them.

STEWED CALF'S HEART

2 calves' hearts	2 tablespoons flour
1 bay-leaf	2 tablespoons butter or
Salt and pepper	butter substitute
½ lemon	

This breakfast dish is cheap and delicious. One small calf's heart will be enough for four persons.

Hearts must be carefully washed and the veins, arteries and clotted blood removed. After washing, place the hearts in a kettle with enough boiling water to cover them, and simmer for one and one-half hour. Remove all the fat, and set aside to cool. When the dish is intended for breakfast, this cooking must be done the day before.

In the morning, cut the heart into small pieces, remove all the cords and artery cases, and use only the lean portions. Place the chopped heart in a saucepan, add the water and bay-leaf, a dusting of salt and pepper, and simmer gently for ten minutes. Rub the flour and butter or butter substitute together, add them, with sliced lemon, stir thoroughly for five minutes, and serve at once.

STEWED BEEF HEART

1 beef heart	1 tablespoon chopped celery
Bread Stuffing No. 3, omitting sage	Flour or corn-starch

Wash the heart well, remove the large veins and arteries from the inside and take out every particle of blood. Add the celery to the stuffing and stuff the cavity of the heart. Tie the heart about with twine, and wrap it in a cloth, sewing the ends together to keep the stuffing in. Place in a small stewpan with the point of the heart down, and nearly cover with water boiling hot. Place the lid on the stewpan and simmer gently for three hours. When done, there should be about one pint of water in the pan. Remove the cloth and place the heart on a platter. Thicken the liquor in the pan with flour or corn-starch mixed with a little cold water, and season with salt and pepper. Pour the gravy over and around the heart.

SMOKED BEEF TONGUE

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| 1 smoked beef tongue | 10 chopped, cooked mushrooms |
| 1 cup Spanish sauce | |

Scrub the tongue. Soak it in cold water over night, then place it in enough fresh cold water to cover it, and simmer for five hours. Drain, lay in cold water for two or three minutes, remove the skin, trimming the thick end of the tongue neatly, and again place it in hot water for a few minutes. Drain and lay on the serving-dish, and pour over it Spanish sauce, to which the mushrooms have been added just before serving.

VIRGINIA BEEF TONGUE

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|--------------------------|---|
| 1 beef tongue, fresh | $\frac{1}{4}$ cup butter or butter substitute |
| 1 cup brown sugar | 1 tablespoon whole cloves |
| 1 cup stewed cranberries | $\frac{1}{2}$ lemon |

Scrub the tongue and simmer it until tender, in water to cover. Remove the skin and trim the root end. Take one cup of the liquor in which the tongue was cooked and add the brown sugar, stewed cranberries, butter or butter substitute, cloves, and lemon, sliced. Simmer the tongue in this mixture for one-fourth hour. Place on a dish with the sauce, garnish with slices of lemon and sprigs of parsley and serve.

Tongue may be jellied and served cold.

BRAIN RISsoles

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| 2 cups brains or | 2 tablespoons chopped green |
| 1 whole brain | pepper |
| Pie paste or short biscuit | $\frac{1}{2}$ cup thick white sauce |
| dough | $\frac{3}{4}$ teaspoon salt |

Put the brains into a bowl of cold water, with salt, for thirty minutes. Cover with water and simmer fifteen minutes. Remove fiber and outer membrane. Drain, chop or put through the meat grinder, add seasoning and white sauce. Form into small balls. Roll pie paste or short biscuit dough quite thin. Place the balls on the paste equal distances apart. Place another sheet of paste over all. Stamp out with round cutter or cut them apart and press upper and lower crusts together. Bake in moderate oven. Brown in deep hot fat or oil before serving.

STEWED KIDNEYS

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|-----------------------------|-------------------------|
| 3 cups veal or beef kidneys | 2 tablespoons flour |
| 2 bay-leaves | 2 tablespoons butter or |
| $\frac{1}{2}$ lemon | butter substitute |
| Salt and pepper | |

Split the kidneys and cut out the hard, white substances and fat from the center. Wash them well and soak for three or four hours in cold water, changing the water as soon as it becomes cloudy. Then put the kidneys into a granite pan, add enough cold water to cover them and heat slowly. When just at the boiling-point, pour off the hot water and again just cover them with cold water, once more heating slowly and again changing the water when hot. Change the water in this way three times, then simmer (twenty minutes for small kidneys; forty minutes for a beef kidney.) Set away to cool. If the stew is to be used for a breakfast dish, this preliminary cooking must be done the day before. When ready to prepare, separate all the cords and veins from the kidneys, leaving only the lean part. Cut this into small pieces. Place the chopped kidneys in a granite pan, add the bay-leaves, two cups of water and the lemon, sliced, and simmer for twenty minutes. When ready to serve, remove the bay-leaves, add the flour rubbed smooth in the butter or butter substitute, season with salt and pepper, and when thickened to the consistency of cream, serve on a hot dish.

BROILED KIDNEYS

6 lamb's or 4 calf's kidneys	Butter or butter substitute
Cooking oil	Lemon
Salt and pepper	Parsley

Cut the kidneys into halves, remove the white tubes and fat and cover with cold water for thirty minutes. Drain and dry on a piece of cheese-cloth. Brush with, or dip into, cooking oil. Broil slowly until brown on both sides. Remove from the broiler and put in pan, sprinkle with salt, pepper and a little melted butter or butter substitute. Cover the pan and set over a slow fire for a few minutes. Serve garnished with slices of lemon and sprigs of parsley.

SAUTÉD KIDNEYS

Remove the skin from the kidneys, cut them into thin round slices, and soak them in salted water for thirty minutes. Drain and wipe. Sauté until tender in butter or butter substitute. Serve with brown sauce or tomato sauce.

If preferred, cut the kidneys in half after skinning, remove the white tubes and fat and then slice the kidneys lengthwise.

TO CLEAN TRIPE

Tripe is usually sold in the city markets already cleaned. If not so obtainable, wash well through several boiling waters, then put it in cold water and let it soak over night.

BOILED TRIPE WITH ONIONS

2 pounds tripe	1 cup hot milk
2 onions	Butter or butter substitute
Salt and pepper	

Boil the tripe and onions in salted water for one-half hour. Drain. Chop the cooked onions very fine, place them in hot milk, and season with salt, pepper and butter or butter substitute. Pour this over the tripe and serve at once.

STEWED TRIPE AND TOMATO SAUCE

2 pounds tripe	Salt and pepper
1 onion	1 tablespoon butter or butter substitute
2 cups tomatoes	
2 tablespoons flour	

Choose the honeycomb portions and the thick section of tripe. Wash it carefully, cover with hot water, add the onion, cut in halves, cover the stew-pan and simmer for thirty-five minutes. The tripe will then be tender and soft, but long cooking will make it tough and hard.

Place the tomatoes in a separate stewpan, cook them for ten minutes and strain through a sieve. Make a sauce of the tomatoes, flour, seasoning and fat.

When the tripe is cooked, drain well, place on a hot plate and cut into slender strips. Then drain again, pressing the tripe gently between the back of a spoon and the plate to remove as much water as possible. Place it in the tomato sauce and serve as soon as the sauce is thoroughly heated through.

BAKED TRIPE

2 pounds honeycomb tripe	Melted fat or vegetable oil
Bread-crumbs	Salt and pepper
Onion	Paprika
Flour	Lemon-juice

Wash the tripe and cut in into three-inch squares. Spread each piece with a little bread and onion stuffing. Roll each and secure with a couple of wooden toothpicks. Dredge with flour and brush over with melted fat or vegetable oil. Place in a dripping-pan and bake for one-half hour, basting frequently with hot water and melted fat or oil, which has been seasoned with salt, pepper and a little paprika, or cook without basting in a double roaster. Squeeze a little lemon-juice over the tripe just before serving.

BROILED TRIPE

2 pounds honeycomb tripe	Melted butter or butter sub-
Salt and pepper	stitute or vegetable oil
Chopped parsley	Lemon-juice

Wash the tripe and cut it into long pieces. Season and broil in an oyster-broiler until brown. Lay on a platter and pour over it melted butter, butter substitute or vegetable oil, lemon-juice and chopped parsley.

FRIED TRIPE

2 pounds tripe	Flour
Egg	Salt and pepper

Dip squares of tripe in beaten egg seasoned with salt and pepper, then in flour, and fry in deep fat until light brown. Drain on soft paper.

TRIPLE IN BATTER

2 pounds fresh or pickled honeycomb tripe	Butter or butter substitute
Milk	1 egg
Salt and pepper	1 cup flour
	1 teaspoon baking-powder

Cut tripe in pieces for serving. Cover with boiling water and simmer for a quarter of an hour. Drain, and cover with equal parts of milk and water. When just beginning to boil, drain off the milk, wipe thoroughly, season with salt and pepper, brush with melted butter or butter substitute, dip into batter and fry in deep fat.

Make the batter as follows: Beat the egg and add one-third cup of milk, sifted flour and baking-powder. Season with salt and pepper.

USING LEFT-OVERS

Almost any left-over meat or fish may be made into a palatable dish. In general, these are the rules to follow:

1. Trim off carefully all non-edible parts.
2. Cut or shape meat in pieces of uniform size. Do not wash.
3. Since the meat is already cooked, it should be protected from direct heat by sauce, crums, potatoes or the cereal which is used with it.
4. Sauces should be thoroughly cooked before adding meat to them.
5. Season left-over meat dishes rather highly. Sweet herbs, onions, celery salt, paprika, curry or tabasco may be used.
6. In general, when a sauce or gravy is used, take half as much sauce as the measure of meat and vegetable.

POULTRY AND GAME

Poultry includes chicken and fowl, turkeys, geese and domestic ducks. Game includes wild ducks, wild geese, partridge, reed birds, quail, plover and other small birds, and animals suitable for food which are pursued and taken in field or forest, as the deer, moose and rabbit.

The flesh of game, with the exception of that of partridge and quail, is dark in color. Excepting that of wild ducks and wild geese, it contains less fat than poultry and has a fine, strong flavor. The flesh of deer is called venison. It is short fibered, dark colored and highly seasoned.

Seasons for Fresh Poultry and Game

Poultry in some form is available in the market throughout the year. Chickens weighing about one and one-half pounds, known as Spring chickens or broilers, begin to appear in the market during the month of January. The height of the season for broilers, however, is in May and June. The so-called milk-fed or early Spring chickens appear in the market in July and are available until August.

Roasting chickens begin to appear in September, and Philadelphia capons come into the market at about the same time, but fowl are in the market now-a-days throughout the year.

The season for turkey and ducks is the same as for chickens.

Goose about twelve weeks old, known as green goose, is available from May to September. Geese, also, may be found in the market throughout the year.

Live chickens and other poultry are plentiful during the months of November and December. After this the city markets are usually supplied from cold storage.

Fresh quail and partridge are in the market from Oct. 15 to Jan. 1. Cold-storage birds may be found much later. Grouse is fresh in the Fall. The cold-storage birds are obtainable throughout the year. Plover are in season from April to September.

Selecting Poultry and Game

There are a few general rules to be observed in the selection of young tender poultry and game.

1. They should be plump in appearance, have smooth, soft legs and feet and smooth, moist skin.

2. The end of the breast-bone should be flexible, the skin easily broken when twisted between the thumb and finger, and the joint of the wing should yield readily when turned backward.

3. The eyes should be bright, the comb red, and there should be an abundance of pin feathers.

4. Birds with a yellow skin are likely to be plump, those with white skins are likely to be tender.

5. Birds with black and red feathers are supposed to be preferable to those with light feathers, for food.

6. Bruised, dry or purplish skin is an indication of careless dressing and of age.

7. Hard, dry, scaly legs, hard breast-bone and the presence of long hairs are all signs of an old and tough bird.

8. Avoid birds with a full crop or those that have been scalded to aid in the removal of feathers. The latter practise impairs the flavor.

Poultry and game should not be kept long uncooked. They should be drawn as soon as purchased, and should be kept in a cool place.

Turkeys should be plump, have smooth, dark legs and soft, pliable breast-bone. Dark, purplish flesh under the skin upon the back and legs, or a growth of hair instead of pin feathers, indicates an old turkey.

Unless hen turkeys are young, small and plump, cock turkeys are more satisfactory.

Geese should have an abundance of pin-feathers, soft feet and pliable bill.

There is more meat in proportion to the amount of bone in fowls weighing five or six pounds than there is in the smaller birds. Allow one pound of live weight of fowl for each serving, or one-half to three-fourths of a pound dressed weight.

Broilers should weigh one to two pounds.

To Clean and Dress Poultry

Cut off the head and remove the pin-feathers with a sharp, pointed knife. Singe by holding the bird over a flame, turning on all sides until all down and hair have been burnt off.

If the legs and tendons were not removed at the market, cut through the skin around the leg, one and one-half inches below the joint, but do not cut the tendons. Place the leg with this cut at the edge of the table and break the bone by pressing downward. Hold the bird in the left hand and with the right pull off the foot, and with it the tendons. In an old bird, the tendons must be removed one by one with a skewer or trussing needle.

Make a small incision below the breast-bone. Insert the hand and carefully loosen the internal organs, the entrails, the gizzard, the heart and the liver. Reserve the last three; these are known as the giblets. Care should be taken not to break the gall bladder, which is attached to the liver. The liquid content of the gall bladder is very bitter, and makes the flesh unpleasant to eat.

Remove the lungs and the kidneys. Insert two fingers under the skin close to the neck and remove the windpipe and the crop. Pull

back the skin of the neck and cut off the neck close to the body, leaving enough of the neck skin to fold down under the back if the bird is to be roasted. Remove the oil bag from the tail.

Clean the inside of the bird by running water through it and wipe the outside with a damp cloth.

To Clean GIBLETS

Cut the fat and membrane from the gizzard. Make a gash in the thickest part, cutting to, but not through the inner lining. Remove the inner sac and throw it away. Carefully separate the gall bladder from the liver and cut off any part of the liver that has a greenish color. Remove arteries and veins from the top of the heart and squeeze out the clot of blood. Wash the giblets, put with them the wing tips and neck, cover with cold water and cook until tender.

To Dress Birds for Broiling and Other Uses

For broiling—Singe the bird, cut off the head and neck close to the breast and the legs at the knee joints. Beginning at the neck, make a cut through the back-bone for the entire length of the bird. Lay the bird open and remove the contents. Cut the tendons or break the joints. Cut out the rib-bones and remove the breast-bone, to facilitate carving.

To make filets—Remove the skin from the breast and with a sharp knife make an incision close to the breast-bone, beginning at the end next the wish-bone and cutting through the entire length. Following the bone closely, remove all the meat, cutting it away from the wing joint. This fillet may be separated into two parts, the upper or larger muscle making the "large fillet" and the smaller "fillet mignon."

To cut up a fowl—Remove pin-feathers, singe the fowl, cut off the head, tendons and oil-bag.

Cut off the legs, cutting the flesh close to the body and removing at the thigh joint. Separate the first joint or drumstick from the thigh.

Remove the wings by cutting the flesh close to the body and removing at the joint. Cut off the tips of the wings.

Separate the breast from the back by cutting clear down both sides of the bird below the ribs.

Remove the heart, liver, gizzard, entrails and fat all together. Remove windpipe and crop. Carefully remove the lungs and kidneys from the back-bone.

Cut both back and breast into two pieces each, cutting crosswise. The back is sometimes further divided by cutting lengthwise. The wish-bone may be removed by inserting a knife under the tip and cutting downward, the knife following the bone.

To Stuff Game or Poultry

Fill the opening at the neck end with sufficient stuffing to make the bird look plump. Put the remaining stuffing in the body. If the body is full, sew up the opening; if not full, bring the skin together with a skewer. When the stuffing is made with cracker-crumbs, allowance must be made for swelling.

To Truss Poultry or Game for Roasting

Clean, dress and stuff. Tie a piece of twine to the end of the neck-skin and pull the neck-skin over the back. Slip the ends of the wings over the back and press the wings close to the body. Press the thighs close to the body, draw the ends of the twine back on each side and up over the thighs. Cross the twine between the legs, and tie it down under the tail.

If the poultry or game has little fat it should be larded with thin strips of salt pork or bacon laid across the breast. To prevent the burning of the legs, wind them with strips of cloth which have been dipped in melted lard.

Chicken Fat

All chicken fat should be saved. It can be substituted for other fat in all chicken recipes and for basting chicken. It is a very good substitute for butter in plain cake. See also section on "Useful Facts About Fat."

ROAST CHICKEN

1 roasting chicken

Stuffing

Savory fat or olive oil

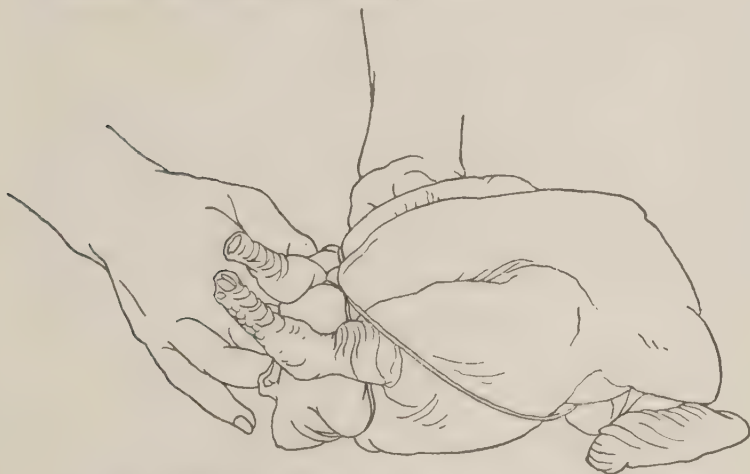
Salt and pepper

Flour

Wash, singe and draw the fowl, rub it with salt and pepper inside and out, and stuff the fowl. (Any stuffing may be used. Bread stuffing, chestnut stuffing and celery stuffing are particularly good.) Truss and tie the fowl. Grease it well with savory fat or olive oil, dredge with flour and place it on a trivet in a double roasting-pan in a hot oven (480° Fahrenheit), to sear quickly so that its juices may not escape during the roasting. After twenty or twenty-five minutes, when the skin is well seared, cover the pan, lessen the heat to 370° and cook until the breast is tender. If cooked in an open pan, as soon as the flour has been nicely browned, baste well, adding a little fat or water if necessary, repeating the basting every ten minutes. Allow about twenty minutes to a pound for roasting. Serve with giblet sauce.



To truss a fowl, pull the neck skin down over the back and twist the wings so that the tips turn back over the neck skin. Tie a piece of string to the end of the neck skin, and press the wings close to the body.



Draw the ends of the string back and up over the thighs. Cross the ends between the legs and tie under the tail. Part of the claw joint is left on to hold paper frills. If these are not to be used, the entire claw is taken off.

CHICKEN, MARYLAND STYLE

1 chicken	1 cup milk or cream
2 tablespoons flour	$\frac{1}{2}$ cup butter or butter substitute
Salt and pepper	

Clean and disjoint chicken, leaving the breast whole. Put the neck and giblets into cold water and cook so as to obtain a cup of stock for the gravy. Arrange the chicken in a pan, being careful that no piece touches another. Sprinkle with salt and pepper, dredge with flour, and dot over with half of the butter or butter substitute. Bake in a hot oven from thirty to forty minutes, basting frequently with one-fourth cup of butter melted in one-fourth cup of hot water.

When the chicken is done, make a gravy from the fat left in the pan, stirring in two tablespoons of flour, one cup of milk or cream and the cup of stock made from the giblets. If desired, add a few button mushrooms. Serve the chicken with the gravy poured around it.

PANNED CHICKEN

1 chicken	Cress
$\frac{1}{4}$ cup butter or butter substitute	Salt and pepper
Flour	1 tablespoon cracker or bread-crumbs
1 cup hot milk	Onion-juice
	Chopped parsley or tarragon

Prepare a chicken as for broiling. Slightly flatten the chicken with a rolling-pin, place in pan, lay bits of butter, butter substitute or chicken fat upon it, and place it in a moderate oven. When it is nearly done, remove from the oven, salt and pepper both sides, strew once more with bits of fat, dredge with flour and return to the oven to brown slightly on both sides, the under side first.

When the chicken is thoroughly done, place it on a hot platter with the skin side uppermost, cover, and set it where it will be kept warm. Pour hot milk into the pan and add cracker or bread-crumbs. Season with salt and pepper, if necessary, and add a few drops of onion-juice or a teaspoon of chopped parsley or tarragon, as preferred. Stir the gravy vigorously, let it boil one minute, turn it over the chicken, garnish the latter with cress or parsley and serve.

PLANKED CHICKEN

2 large broilers	1 teaspoon finely chopped onion
$\frac{1}{4}$ cup butter or butter substitute	Salt and pepper
1 teaspoon finely chopped parsley	2 tablespoons oil or melted chicken fat or butter substitute
1 teaspoon finely chopped green pepper	1 pint sautéed mushrooms
1 teaspoon lemon-juice	1 quart seasoned mashed potato
	Garnishes for plank

Make a savory butter by rubbing finely chopped parsley, green pepper and onion into the butter or butter substitute. Flavor with lemon-juice, salt and pepper. Split the broilers, sprinkle with salt and pepper and put in a pan. Pour over them a little oil or melted fat and bake them until nearly done (about twenty minutes).

Prepare a plank of proper size, oil it, garnish with a border of potatoes forced through pastry-bag and tube, place the chicken in the center of the plank, arrange around it sautéed mushrooms and spread over the chicken the savory butter. Place the plank in a very hot oven, to brown the potato border and to give the chicken the final cooking. Planked dishes are invariably served on the plank. They may be elaborately garnished with stuffed tomatoes, green peppers and fancifully cut vegetables.

SMOTHERED CHICKEN

2 small chickens or 1 large one	2 or more tablespoons butter or butter substitute
Salt and pepper	Flour

This is one of the most delicious ways of cooking chicken. Take off the neck and split the chicken down the back, wiping it with a damp towel. Season inside and out with salt and pepper, and dredge on all sides with flour. Lay the chicken, with the inside down, in a small baking-tin, and add a very little water. The pan should be very little larger than the chickens, otherwise the gravy will be too quickly evaporated. Cook slowly for one hour, basting every ten minutes after the first twenty minutes, or cook in a covered baking-pan.

Should the chicken be decidedly lacking in fat, add butter or butter substitute. There will be plenty of gravy in the pan with which to baste if the pan is small. When done, place the chicken on a hot platter, add enough water to make two cups gravy and thicken with two tablespoons flour. Should the chicken be quite fat, remove all but two tablespoons of the oil from the pan before making the gravy. Season with salt and pepper, pour it over the chicken and serve at once.

Any small birds may be dressed in this way with the most satisfactory results. The secret of success in this kind of roasting lies in very frequent basting and in not having too hot an oven.

FRIED CHICKEN—SOUTHERN STYLE

2 small chickens	$\frac{1}{4}$ cup cooking-oil or other
Salt and pepper	fat of mild flavor
Flour	1 cup milk

Cut each chicken into four or six pieces, dip each piece quickly in cold water, then sprinkle with salt and pepper, and roll in plenty of

flour. Have some cooking-oil or other fat heated very hot in a frying-pan and sauté the chicken until each piece is brown on both sides. Drain the pieces well and arrange on a warm platter, setting the dish in a hot place to keep the meat from cooling while the gravy is being made.

Pour out of the pan all but two tablespoons of the fat, add two tablespoons flour, then the milk, season with salt and pepper, and pour the gravy over the chicken. A little chopped parsley is often added to the gravy.

BROILED CHICKEN

Clean and singe the chicken and remove all pin-feathers. Split each chicken down the back, and wipe with a damp cloth. Unless you are quite certain the chickens are tender, it is wise to steam them before broiling. This may be done as follows: Set the dripping-pan in a moderate oven, and nearly fill it with boiling water. Place two sticks across the pan, extending from side to side, and upon them lay the chicken. Invert a tin pan over it, shut the oven door and let the chicken steam slowly for thirty minutes. This process relaxes the muscles and makes the joints supple, besides preserving the juices that would be lost in parboiling.

Transfer the chicken from this vapor bath to a wire broiler, turning the inside to the fire first. Broil until the chicken is tender and brown, turning it frequently; if the chicken is small, it will cook in twenty minutes or less. Do not have too hot a fire. Lay the chicken on a warmed platter, spread it with butter, butter substitute or melted chicken fat, sprinkle with salt and pepper, and serve.

BOILED CHICKEN

In Winter there is no better way to prepare chickens than to simmer them whole and pour over them oyster or parsley sauce for serving. The chicken should be well secured in a wet cloth that has been generously sprinkled with flour, then plunged into boiling water and simmered (not boiled) gently until the chicken is done. Allow twenty minutes to each pound of chicken. A large, tough chicken may be made very palatable by preparing it in this way.

STEAMED CHICKEN OR FOWL

1 fowl (about 5 pounds)	Salt and pepper
1 onion	Flour
1 bay-leaf	

A chicken is more tender than a fowl and is to be preferred for light cooking, but a fat fowl a year or two old has a richer and finer flavor, and, if steamed properly, will be perfectly tender. Singe and wash the

fowl, draw and dress it as carefully as for roasting and wipe it dry inside and out. Rub it inside and out with salt and pepper, place an onion and a bay-leaf inside and tie the fowl into shape as for roasting.

Then flour a cloth and wrap it about the fowl. Lay the chicken, back downward, in a steamer and allow it to steam continuously for three to four hours, according to its age and size. If properly steamed it will be as good as a roasted chicken. Serve with celery, oyster or parsley sauce. Steamed chicken may subsequently be browned in the oven if desired.

STEWED WHOLE SPRING CHICKEN

1 chicken	Salt and pepper
1 cup oysters	$\frac{1}{2}$ cup cream or milk
1 tablespoon butter, butter substitute or chicken fat	3 hard-cooked eggs
1 tablespoon flour	Minced herbs
	Salt and pepper

Prepare a full-grown Spring chicken as for roasting, season inside and out with salt and pepper, stuff with whole, raw oysters and place it in a tin pail with a close-fitting cover. Set the pail in another vessel of boiling water and cook until the chicken is done, then place the chicken on a warm dish and make a gravy as follows: Put the fat into a saucepan with the minced herbs and flour and stir until the mixture bubbles; add the liquor in the tin pail, the cream or milk and cook, stirring constantly, until the mixture boils. Add the eggs, chopped fine, let the whole boil, pour it over the chicken and serve at once.

CHICKEN POT-PIE

1 chicken	1 teaspoon salt
3 tablespoons flour	1 cup milk
Salt and pepper	

Clean, singe and cut up the chicken, place it in a pot and nearly cover with water. Cover the pot and simmer gently. An old fowl will require at least three or four hours' slow cooking, but a year-old chicken should be done in one and one-half hour. Remove the cover during the last half-hour of cooking, to reduce the gravy to about one and one-half pint when done.

Three-fourths of an hour before time to serve, make Dumplings No. 2 (see Index). When the balls are done and ready to serve, add salt and pepper to the chicken and make the gravy by adding to the liquor in the kettle three tablespoons of flour stirred to a paste in one cup of milk. Skim out the chicken, lay it on a platter, place the balls on the top and pour over them the gravy.

PRESSED CHICKEN

1 chicken
Salt and pepper

1 tablespoon gelatin to
each pint broth

Clean, singe and cut up a chicken. Place it in a kettle with a little water, cover closely and simmer until the meat will fall from the bones. Lift the meat from the kettle with a skimmer and separating the white meat from the dark, scrape it all from the bones, taking out the pieces of skin. Season with salt and pepper.

Soften gelatin in two tablespoons water for each tablespoon of gelatin and add to the boiling chicken broth. Place the meat in the dish it is to be pressed in, laying the white and dark meat in alternate layers, and adding from time to time a little of the broth to moisten all well. When all the meat is in the dish, lay a plate on top of it, place a heavy weight upon the plate and set away in a cool place.

This makes a pretty dish for luncheon, sliced and garnished with parsley.

FRICASSEED CHICKEN

1 chicken
2 tablespoons butter or
butter substitute or
other fat
2 cups chicken stock
2 tablespoons flour

1 cup milk or cream
1 egg-yolk
Salt and pepper
Herbs
Salt pork
Rice or dumplings

Singe, clean and cut up the chicken. Brown in a pan with the butter or butter substitute, drippings or chicken fat. Cover with boiling water, add salt, pepper, herbs and a few slices of salt pork. Simmer until tender (about an hour), strain and thicken one pint of the liquor with the flour mixed to a smooth paste with a little cold water; add the milk or cream beaten with the yolk of the egg. Heat again until slightly thickened, pour over the chicken and serve with rice or dumplings (see Index for recipe).

BROWN FRICASSEE OF CHICKEN

1 chicken.
2 or 3 small slices salt pork
2 tablespoons flour

1 pint boiling water
Salt and pepper
1 teaspoon onion-juice, if desired

Cook in pieces as directed for fricasseed chicken. Place salt pork in a frying-pan, and when hot put in the chicken, leaving plenty of room to turn the meat; cook until each piece is a rich brown. Remove the chicken and keep it warm. Add the flour to the fat in the pan, stir well and when it has cooked two minutes, add the boiling water. When

the gravy is smooth and boiling, replace the chicken, season with salt and pepper, cover the pan, and simmer gently until the chicken is tender, then add a teaspoon of onion-juice, if desired, and serve at once. The gravy will be thick enough, and if the pan has a tight cover, it will not be diminished, even after long cooking.

CHICKEN PIE

1 chicken
Pie paste
Milk

Salt and pepper
Flour

Clean, singe and cut up chicken as for fricassee. Place in a kettle and add enough hot water to cover. Put the cover on the kettle, and simmer slowly until the chicken is tender, adding a little more water if needed. Make a gravy of the stock, using two tablespoons flour for each cup of stock. Use for the crust a good pie paste, rolled a little thicker than for fruit pies or puff paste. Half and half proportions of drippings and chicken fat may be used for the paste. Line the sides of a deep baking-dish with crust; invert in the middle of the dish a small cup or ramekin; put in part of the chicken and season with salt and pepper, then add the rest of the chicken, and season the same way.

Put in the dish two cups or more of the gravy made from broth in which the chicken was cooked and cover the top with crust. The cup or ramekin will hold the crust up and will prevent evaporation. Most chicken pie is too dry; therefore, use a generous amount of the broth. Bake one hour, or until crust is done. When serving, after cutting the first slice carefully slip the knife under the ramekin and release the gravy which is held there by suction. Any gravy left over should be served in a gravy-dish.

CURRY OF CHICKEN

1 chicken (1½ or 2
pounds)
1 teaspoon salt
2 onions
1 egg-yolk

2 tablespoons butter or butter
substitute
2 tablespoons curry-powder
1 tablespoon flour

Cut up the chicken as for fricassee, put in a saucepan with sufficient water to cover it, and simmer until tender, keeping the pan closely covered. Remove from the fire, take the chicken out and pour the liquor into a bowl. Put the onions into the saucepan with butter or butter substitute and sauté until brown, then skim them out and put in the chicken; fry for three or four minutes, then sprinkle over it the curry-powder. Next pour in the chicken liquor, stew five minutes

longer and stir in the flour mixed until smooth with a little cold water. Stir the mixture until it thickens; add the beaten yolk of egg, adding a little of the hot mixture to the egg first. Serve with a border of hot boiled rice.

SAVORY CHICKEN

$\frac{1}{4}$ cup butter or butter substitute or other fat	1 cup water
1 tablespoon chopped onion	$1\frac{1}{2}$ cup strained tomatoes
1 chopped carrot	Salt, pepper and paprika
1 slice turnip	1 chicken
$\frac{1}{4}$ cup flour	Salt-pork fat
	1 cup button mushrooms
	2 tablespoons chopped olives

Make a savory sauce by melting butter or butter substitute and cooking in it chopped onion, carrot and turnip cut in small pieces. Stir in flour and add gradually boiling water and tomato, previously stewed and strained. Season with salt, pepper and paprika.

Cut up a chicken, dredge with flour, and sauté in salt-pork fat. Remove from the pan, place in a saucepan and cover with the savory sauce. Cook until the chicken is tender. At the last moment, add the mushrooms and chopped olives. Arrange the pieces of chicken in the center of the platter and pour the sauce around them, garnishing with triangles of toast and stuffed olives.

CAPONS

Capons are usually served with the head left on. They are large and plump, having been especially fattened for the table. They bring high prices and are considered luxuries. They are prepared for cooking in the same way as chickens. For stuffing, choose a delicate flavoring such as oysters or chestnuts. Mushrooms or truffles are especially good with capon.

SCALLOPED CHICKEN

2 cups cooked chicken meat	2 tablespoons flour
1 pint broth in which chicken was cooked	Salt and pepper
2 tablespoons butter or butter substitute	Bread-crumbs
	2 cups sliced, cooked potatoes

Cut the cooked chicken meat into dice. Thicken the broth with a paste made of the flour and butter or butter substitute and season with salt and pepper. Fill a pudding-dish with alternate layers of bread-crumbs, chicken and potatoes. Cover the top with crumbs. Pour in the gravy and add a few bits of butter or butter substitute and bake until brown.

CREAMED CHICKEN

2 cups cooked chicken	1 cup milk or cream
2 tablespoons butter or butter substitute	Salt and pepper
2 tablespoons flour	1 tablespoon parsley
	1 egg-yolk

Make a white sauce of the fat, flour and milk. Season with salt and pepper. Add the parsley and chicken and cook until the sauce is thoroughly hot again. Beat the egg-yolks, adding two tablespoons of milk, and pour into the mixture. Cook two minutes, stirring constantly, and serve in a border of riced potatoes or in croustades.

Creamed chicken may be varied in a number of ways: by substituting mushrooms or chopped cooked eggs for part of the chicken or by adding chopped pimientos and olives.

CANNED CHICKEN—No. 1

Dress and cut up a chicken. The pieces may be packed in the cans, or in the case of older, larger birds, the meat may be removed from the bones. If the bones are to be left in, place the drumsticks and thighs in a vertical position around the inside of the jars, fitting the pieces together, and cut up the larger pieces of the back and breast to fill the center space. In some of the jars, the giblets may be used to fill this space. Pack the cans to within an inch of the top.

For each pint can add one-half teaspoon of salt. Do not add water. Adjust a good rubber and place the top on the can and fasten one-half of wire clamp, or if a screw-top jar is used, leave the top slightly loose. Process as directed in the chapter on "Canning."

CANNED CHICKEN—No. 2

Sear the pieces of chicken in hot fat (chicken fat may be used) or in boiling water, then steam or simmer until tender. Pack into jars, add one-half teaspoon of salt for each pint jar and fill the space with stock. Process as directed in the chapter on "Canning."

CANNED CHICKEN STOCK

Cover all bones and trimmings of chicken with water. Add salt and simmer until the meat drops from the bones and the stock is concentrated. Other seasonings, such as onion and celery, may be added. Boil for ten minutes, and strain, if desired. Pour into jars, and sterilize (see chapter on "Canning").

ROAST TURKEY

Follow directions for roast chicken. An eight-pound turkey should be allowed three hours in a moderate oven. It may be dredged with flour a second time about one hour before it is to be served. Serve with giblet sauce.

BRAIZED TURKEY

1 turkey	½ cup onion
Stuffing	½ cup turnip
½ pound salt pork	4 cups water or stock
½ cup chopped celery	Salt and pepper
½ cup chopped carrots	

This is a very satisfactory way of cooking an old turkey that is unfit for roasting or boiling. Stuff the body and breast with any desired stuffing, and truss. Spread thin slices of salt pork over the breast and legs, and cover the turkey with a strong sheet of oiled paper, fastening the paper on by passing a string around the body. In a double roasting-pan large enough to hold the turkey, spread sliced salt pork and the chopped vegetables. Lay the turkey on this mixture, with the breast up, sprinkle with salt and pepper, cover the pan tightly, and place in a moderate oven. Allow twenty-five minutes for each pound.

At the end of thirty minutes, add water or stock. During the last half-hour take the cover from the pan, remove the paper and pork from the turkey. This permits the meat to brown lightly. Serve with mushroom sauce, or with the gravy, strained and thickened.

BOILED TURKEY

1 turkey	Celery stuffing
Flour	Celery sauce
Salt	Pepper

If a turkey dressed in this way is not well managed it will be quite tasteless. Prepare as for roasting and fill it with celery stuffing, putting a little of the stuffing in the breast also; sew it up very securely. Truss and tie and dredge with salt and pepper. Wring a large square of cotton cloth out of cold water, and dredge the cloth thickly with flour. Tie the turkey in this cloth and plunge it in boiling water. Boil for the first fifteen minutes, and then simmer until tender, allowing twenty minutes for each pound. Serve with celery sauce.

FILLETS OF TURKEY WITH SOUP

Breast fillets	½ teaspoon onion-juice
Egg and crumbs	Salt and pepper
1 cup chicken stock	2 teaspoons butter or butter substitute
1 cup rice	
6 tablespoons oil	1 tablespoon grated cheese

Skin the breast of a plump turkey, and slice. The slices should be nearly half an inch thick, and as nearly uniform in size as possible.

Dip in beaten egg, then in crumbs, again in the egg, and once more in the crumbs. Set on the ice. Put clear chicken stock into a saucepan; add rice, onion-juice and one-half teaspoon salt, and simmer slowly until the liquid is absorbed.

When the rice is tender, add butter or butter substitute, grated cheese, and season with salt and pepper. Cover and let it stand at the side of the fire until the fillets are ready. Heat pure salad-oil slowly in a frying-pan, and when it is very hot cook the fillets to a nice brown. Mound the rice in the center of a hot dish and arrange the fillets about it.

BROILED YOUNG TURKEY

Young turkeys may be broiled or panned, like chickens. A young turkey is easily distinguished by its smooth, black legs and white skin.

WARMED-OVER TURKEY

Cut the drumsticks and wings from the body, and take off all the meat remaining on the breast. Also use any pieces that may have remained on the platter when the turkey was first served. Disjoint the back piece, called the rump, splitting it down the back and cutting each piece in two, thus making four pieces of the back. Do not cut the meat from the bones as this gives an unsatisfactory result. Place all these pieces in a kettle, add three tablespoons of the stuffing and any gravy that may have been left from the roast. Add water to half the height of the turkey in the kettle, cover the kettle tightly, and set it in a moderate heat.

Simmer at least forty-five minutes, stirring often, adding more water if it should seem necessary; there should be just enough at the last to keep the meat from sticking to the kettle. The turkey should stew so slowly that it will be thoroughly warmed, but not long enough to cause the meat to fall from the bones. Season with salt and pepper. The large bony part, consisting of breast-bone and ribs, is used only for soup.

ROAST GOOSE WITH POTATO STUFFING

1 goose (about 8 pounds)	Salt and pepper
Potato stuffing	Flour
Salt pork if goose is not fat	

Select a goose that is about four months old; an old goose is better braized than roasted. Singe the goose, wash it carefully in hot water, and wipe it dry before drawing it. Flatten the breast-bone by striking it with a rolling-pin. Partly fill the goose with potato stuffing, stitch up the openings and truss it. If it is not fat, lay thin slices of pork

upon the breast, but if the goose has considerable fat, omit the pork. Bake in a hot oven for forty-five minutes, remove it from the oven, pour out all the fat, sprinkle the bird all over with salt and pepper, dredge with flour, and return it to the oven.

When the flour is a good brown, pour one cup of hot water into the pan and baste the goose often, dredging it each time with a slight sifting of flour to absorb the fat. Allow eighteen minutes to the pound for a young goose and twenty-five for one that is old. Remove the goose from the pan, add a cup of hot water to the gravy and thicken it, if necessary, with browned flour. Garnish the goose with parsley and serve with giblet gravy.

Apple sauce is often served with roast goose.

Goslings may be roasted in the same way, allowing, however, only fifteen minutes to the pound for cooking.

ROAST GOOSE WITH BAKED APPLE

1 eight-pound goose	$\frac{1}{4}$ teaspoon sage
2 cups bread-crumbs	1 teaspoon salt
1 chopped onion	Pinch of pepper
2 tablespoons fat	6 to 8 apples
3 sweet potatoes	$\frac{1}{4}$ cup brown sugar

Cook the giblets until tender, chop and add to stuffing made by mixing bread-crumbs, onion, fat, sage, salt and pepper. After cleaning and washing the goose thoroughly, stuff, and sew the neck and back. Roast very slowly, about three hours. Wash and core six to eight apples; sprinkle with sugar, stuff with mashed and seasoned sweet potato. Bake until tender and serve hot with the goose.

DEVILED GOOSE

1 goose	1 teaspoon pepper
Potato stuffing	2 tablespoons made mustard
$\frac{1}{4}$ cup vinegar	1 tablespoon salt

After cleaning the goose and wiping it well with a damp cloth, plunge it into a kettle of boiling water, and simmer for one hour. Take it from the kettle, drain well, and wipe it dry. Fill the body and neck with potato stuffing, sew up and truss, and roast in a moderately hot oven, allowing fifteen to twenty minutes to the pound. Pour over it a mixture of the vinegar, pepper, and made mustard, and baste frequently. Serve with giblet sauce.

An old goose that can not be made eatable in any other way may be cooked in this way, two hours instead of one hour being allowed for the simmering.

BRAIZED GOSLINGS À LA MARION HARLAND

3 goslings	1 stalk celery
2 carrots	Salt and pepper
2 onions	1 teaspoon powdered sage
2 turnips	Browned flour
2 pared apples	3 tablespoons tomato catchup

Goslings are best for eating when half grown. Clean and truss goslings without stuffing. In the bottom of the roaster put a layer of sliced carrot, onion, turnip, pared apple and chopped celery. Lay the birds upon them, dredge with salt, pepper and powdered sage and pour in a little boiling water. Cover and roast slowly, allowing fifteen minutes for each pound. Brush with oil, dredge with flour and brown.

Take up the goslings and keep them hot while the gravy is being made. Rub vegetables and liquor through a colander into a bowl. Remove fat, thicken with browned flour, adding two tablespoons of tomato catchup, boil up and serve.

Serve apple sauce, green peas or Lima beans with the goslings.

ROAST DUCK

Epicures prefer young ducks, cooked rare, and when so prepared they are not stuffed. Should filling be preferred, use potato stuffing, putting it in very hot. Some people consider that ducks have a strong flavor, and to absorb this flavor lay cored and quartered apples inside the body. These apples are removed before the duck is sent to the table. Celery and onions also may be placed inside the duck to season it and improve the flavor, two tablespoons of chopped onion being used to every cup of chopped celery, which may consist of the green stalks that are not desired for the table. This stuffing is also removed from the bird before it is sent to the table.

Truss the duck, sprinkle it with salt, pepper and flour, and roast in a very hot oven fifteen to thirty minutes, provided the duck is young and is desired rare. Full-grown domestic ducks should be roasted at least one hour in an oven only moderately hot and should be basted every ten minutes. Serve with giblet gravy and apple sauce or grape or currant jelly. Green peas should also be served with roast duck.

BRAIZED DUCKS

1 brace ducks	Parsley
3 slices bacon	Salt and pepper
1 carrot	1 small turnip, diced
1 onion stuck with cloves	Oil, butter or butter substitute
Thyme	Flour

Prepare ducks as for roasting, put them in a large stew-pan with the bacon, carrot, onion and a little thyme and parsley; season with salt and pepper and cover with water. Simmer over a low fire until the ducks are tender, then remove them from the pan. Cook the turnip in the fat until brown, then drain and cook in liquor in the stew-pan, until tender. Strain the liquor, thicken with flour and pour the gravy thus made over the ducks. Garnish with pieces of turnip.

DUCK À LA CREOLE

2 cups cooked duck	Chopped parsley
2 tablespoons butter or butter substitute	Salt and pepper
1 tablespoon flour	Paprika
2 tablespoons chopped ham	1½ cup consommé or bouillon
2 tablespoons onion	1 clove
Chopped celery	¼ teaspoon mace
	Chopped sweet pepper

Melt the fat and add the flour, then stir in the ham. Season with salt, pepper, paprika, onion, celery, sweet pepper and parsley. Stir for two minutes, add the consommé or bouillon, the clove and mace. Simmer one hour. Strain this sauce and stir in the cooked duck, cut into cubes. Cook just enough to heat all thoroughly. Serve with diamonds of fried hominy or mush.

ROAST GUINEA-FOWL

Roast the guinea-fowl either with or without stuffing, keeping it well basted and the breast covered with a slice of fat bacon, which may be removed five minutes before dishing. The oven should be very hot for the first ten minutes only. Allow thirty-five to forty minutes for a medium-sized bird. Serve with currant jelly and giblet sauce.

FRICASSEE OF GUINEA-FOWL

1 guinea-fowl	1 teaspoon salt
4 slices bacon	¼ teaspoon pepper
2 tablespoons flour	

A guinea-fowl makes a delicious fricassee. Clean and cut in pieces. Place bacon in pan and when it has fried long enough to extract some of the fat, add the pieces of the fowl and brown them well. Add the flour, stir until thoroughly mixed, and then add two cups hot water, salt and pepper, and stir until the gravy boils. Cover well and simmer until the meat is tender, which is generally in one and one-half to two hours. Serve with the gravy from the bottom of the pan, adding more salt and pepper if needed.

PEAFOWL

These fowls are cooked in the same way as turkeys. They should be larded with shreds of bacon, trussed and roasted one and one-fourth hour.

Pheasants, Partridges, Quail and Grouse

Game should not be kept too long; birds rarely should be hung longer than one week. If birds are to be kept many days, draw but do not pick them. Place a piece of charcoal in the body, and sift powdered charcoal into the feathers. A distinction must be made between white meat and dark meat in cooking game. Quail and partridges are white meat and, like chicken, must be thoroughly cooked but not dried. Ducks, pigeons or squabs, grouse (prairie chicken), snipe, and woodcock are dark meat and are preferred by the epicure cooked rare and served very hot.

The methods of cooking all these birds are substantially the same, except as to the degree of rareness desired. They should never be washed, but simply wiped with a damp towel, all shot being carefully picked out of the flesh with a sharp-pointed knife. Small birds when roasted are often served with their heads on, these being skinned when the birds are cleaned. There is a difference of opinion among epicures as to the drawing of these birds; sometimes they are cooked undrawn. The English do not draw woodcock, regarding the entrails as edible, and some American housekeepers copy them in this respect.

BROILED BIRDS

Clean the birds and split them down the back. Sprinkle with salt and pepper, dust with flour to keep in the juices and broil in a wire broiler, laying the inside first to the fire. Allow about ten minutes for quail, twenty-five to forty minutes for partridges and pheasants. When done, lay them on a warm dish and butter or oil them on both sides. During the broiling, if the breasts are quite thick, cover the broiler with a pan, and see that the fire is not too hot.

PANNED BIRDS

Clean the birds and split them down the back. Dip them quickly in hot water and sprinkle with salt, pepper and flour. The water causes the seasoning to adhere more thickly to the meat. Place the birds in a small baking-dish with the inside of each upward; place a teaspoon of butter or butter substitute in each bird, add a cup of water, and roast in the oven, allowing fifteen to twenty minutes for quail and proportionately longer for larger birds, basting every five minutes after the first fifteen. Thicken the gravy, add salt and pepper if necessary, and pour over the birds.

ROASTED BIRDS

Clean, truss and stuff the birds. Bake until brown, basting often with butter or butter substitute and water. Thicken the gravy and pour it over the birds. Serve with bread sauce.

LARDED GROUSE

Grouse are rather dry birds and need to be larded to be palatable. Clean and wipe with a damp towel. On each bird lay thin slices of bacon, covering the bird entirely and keeping in place with crossings of soft twine. Place in a roasting-pan and pour over them boiling water, sufficient to use for basting the birds while cooking. Cook fifteen to twenty-five minutes, basting three times. When done, remove the strips of bacon, brush the birds with oil, melted butter or butter substitute, dredge with flour and place in the oven again until a rich brown. The liquor in the pan may be thickened, seasoned, and used as a gravy. Arrange the birds on a platter and garnish with rings of sautéed green peppers and the strips of bacon used to cover the birds while roasting.

BROILED QUAIL

Follow the recipe for broiled chicken, allowing eight minutes for cooking. Serve on toast or garnished with parsley and slices of lemon with rice croquettes and currant jelly.

ROAST QUAIL

6 quail	Salt and pepper
6 large oysters	Oil or melted butter or butter substitute
Strips of bacon	
Flour	

Dress, clean and truss the birds. Stuff each with one large oyster. Lard breast and legs. Bake as directed for larded grouse, allowing fifteen to twenty minutes for cooking.

GAME PIE

6 birds	2 tablespoons browned flour
Salt and pepper	2 tablespoons butter or butter substitute
$\frac{1}{4}$ cup minced parsley	2 cups diced potatoes
$\frac{1}{2}$ chopped onion	Rich paste for top and bottom crust
2 whole cloves	
$\frac{1}{4}$ pound diced salt pork	

Clean the birds thoroughly. Halve them, put them into one quart of water and bring to boiling-point. Remove the scum, add salt,

pepper, parsley, onion, cloves and salt pork. Simmer until tender, carefully keeping the birds covered with water. When the birds are done, thicken the liquid with the browned flour and let the gravy come to a boil. Add the fat, remove from the fire and cool.

Put the paste around the sides of a greased pudding-dish, lay in some of the birds, then some potatoes, and repeat until the dish is full. Pour in the gravy, put on the top crust, slashed in the center, and bake until done.

Pigeons

Pigeons need long, slow cooking to make them tender.

PIGEON AND MUSHROOM STEW

3 pigeons	2 tablespoons mushroom
1 tablespoon butter or butter substitute	catchup
1 pint stock or gravy	Salt and pepper
2 tablespoons cream	Cayenne
	$\frac{1}{2}$ cup mushrooms

Clean and cut pigeons into small portions and let them cook a short time in the butter or butter substitute in a saucepan, being careful not to brown them. Next add to the contents of the pan the stock or gravy, the mushroom catchup, and salt, pepper and cayenne to taste. Simmer an hour, or until tender, add the mushrooms, simmer ten minutes more, and then stir in the cream. Arrange the mushrooms around the pigeons on a hot platter and serve at once.

POTTED PIGEONS

6 pigeons	Hot water or stock
3 slices bacon	$\frac{1}{4}$ cup butter or butter
Any simple stuffing	substitute
1 diced carrot	$\frac{1}{4}$ cup flour
1 diced onion	Buttered toast
Chopped parsley	

Clean and dress pigeons, stuff, truss, and place them upright in a stew-pan on the slices of bacon. Add the carrot, onion, and a little parsley, and cover with boiling water or stock. Cover the pot closely and let simmer from two to three hours, or until tender, adding boiling water or stock when necessary. Make a sauce of the butter or butter substitute and flour and two cups of the stock remaining in the pan.

Serve each pigeon on a thin piece of moistened toast, and pour gravy over all. This dish is excellent when cooked in a casserole in the oven.

PIGEON PIE

6 pigeons	Flour
Bread stuffing	Rich pie paste
Salt and pepper	Hard-cooked eggs
Butter or butter substitute	

Stuff each pigeon with bread stuffing. Loosen the joints with a knife, but do not cut them through. Simmer the birds in a stew-pan, with water enough to cover, until nearly tender, then season with salt, pepper and butter or butter substitute. Make a medium thick gravy with flour, fat and liquor in which pigeons have cooked and let it cool. Line the sides of a greased pudding-dish with rich paste and cut some hard-cooked eggs in slices. Alternate layers of egg, pigeon and gravy until the dish is filled, put on a cover of paste and bake until done.

BROILED SQUAB

6 squab	Butter or butter substitute
Salt and pepper	Toast

Split the birds down the back, flatten the breast, wipe inside and out with a damp cloth. Put on a broiler, season with pepper and salt, and when nicely browned, pour melted butter or butter substitute over them. Serve on toast.

Wild Duck

Nearly all wild ducks are likely to have a fishy flavor, and when dressed by an inexperienced cook are often unfit to eat. This flavor may be much lessened by placing in each duck a small peeled carrot, plunging the fowls in boiling water and simmering them for ten minutes before roasting. The carrot will absorb some of the unpleasant taste. An onion will have the same effect, but unless a stuffing with onions is used, the carrot is to be preferred. When there is an objection to parboiling (as when the ducks are young) rub them lightly with an onion cut in two and put three or four uncooked cranberries in each before cooking.

ROAST WILD DUCK

Clean, wiping inside and outside with a damp towel. Tuck back the wings, and truss. Dust with salt, pepper and flour. If not fat, cover the breast with two thin slices of salt pork. Place duck in a baking-pan, and add one cup of water, and two tablespoons of butter or butter substitute. Bake in a hot oven from fifteen to thirty minutes, according to rareness desired, basting frequently. Serve with slices of

lemon and a brown gravy or with orange or olive sauce. Currant jelly may also be served. Wild ducks are cooked rare and seldom stuffed when roasted. An old saying is that a wild young duck to be well cooked should only fly through a very hot oven.

CANVASBACK DUCK (DELMONICO STYLE)

This bird is in season from the last of November until March. As it feeds mainly on wild celery, it requires no spices in cooking. Its flavor is best preserved by roasting quickly with a hot fire, to make it brown on the outside and underdone on the inside. Dress it in the usual way and wipe with a wet towel. Truss its head under the wing, place in a dripping-pan and roast one-half hour, or twenty minutes if liked underdone, basting often. Season with salt and pepper and pour over it the gravy in the baking-dish.

MALLARD WILD DUCK

These ducks, in season during the Fall and Winter, are very dry when roasted in the usual way. They are good if stuffed with bread stuffing, then well sewed up, tied in shape and placed in a large kettle with a couple of slices of onion, a little thyme, and a small quantity of water and cooked slowly for one hour, being turned frequently. Replenish the water but use only enough to keep the ducks from burning. Make a gravy from the juices in the kettle by adding one cup of water and thickening with flour. Pour this gravy over the ducks when served. Dressed in this way all parts are equally good.

Venison

Venison is prepared and cooked in the same way as mutton. The roasting pieces are the saddle and the leg. It should be cooked underdone, allowing ten to twelve minutes to the pound, and served with tart jelly and green salad.

ROAST LEG OF VENISON

Leg of venison	$\frac{1}{4}$ cup butter or butter
Fat salt pork	substitute or oil
Salt and pepper	Flour

Wipe carefully, and draw off the dry skin. Lard the lean side of the leg with strips of the pork, then soften the butter or butter substitute or oil, rub it over the meat, and dredge with salt, pepper and flour. Lay the leg on the rack in a baking-pan, sprinkle the bottom of the pan with flour, place it in a very hot oven, and watch carefully until the flour in the pan is browned, which should be in five minutes. Add boiling water to cover the bottom of the pan. Baste the venison

well every fifteen minutes, until the meat is done, renewing the water in the pan as often as necessary. If a double roasting-pan is used, basting is not necessary.

Should the meat be liked very rare, allow one and one-quarter hour of cooking for a ten-pound roast; most tastes require at least twenty-five minutes longer than that. Serve with a gravy made from the juices in the bottom of the pan. Always serve a tart jelly like currant jelly or wild grape or plum jelly with venison.

BROILED VENISON STEAK

Venison steak	Currant jelly
Salt and paprika	Possibly olive oil and
Butter or butter substitute	lemon-juice

This requires about three minutes more time for broiling than beef-steak. If strong, marinate in olive oil and lemon-juice for two hours before cooking. Drain without wiping, and broil over clear, hot coals, turning often to avoid scorching. Serve on a very hot platter, sprinkle with salt and paprika and spread both sides with a mixture of butter or butter substitute and currant jelly, allowing half as much jelly as fat.

FRIED VENISON STEAK

Venison steak	$\frac{1}{2}$ cup oil, butter or butter
Salt and pepper	substitute
Flour	1 tablespoon currant jelly
Rolled crackers	

Rub the steak with a mixture of salt and pepper, dip in wheat flour or crackers and cook a rich brown on both sides in one-half cup of hot oil, butter or butter substitute. Place on a dish and cover to keep them warm. Dredge two teaspoons of flour into the fat in the pan and stir until brown (but not burned), add a cup of boiling water with one tablespoon of currant jelly dissolved in it, stir a few minutes, strain the gravy, and pour it over the meat and serve.

VENISON PIE

2 cups venison cut into small pieces	Salt and pepper
2 cups sliced potatoes	1 cup flour
	$\frac{1}{4}$ cup venison drippings

Simmer venison and potatoes until tender, season with salt and pepper. Put into a baking-dish and cover with a crust made from the drippings and flour.

Rabbits, Hares and Squirrels

Choose rabbits with soft ears and paws—stiffness is a sign of age. Also, be sure that they are fresh and free from any unpleasant odor. Neither hares nor rabbits should be drawn before hanging, as they may become musty. In Winter, select a dry place for hanging, and they may remain for some time.

Dressing and Trussing

To skin and dress a rabbit, hare or squirrel, cut off the fore feet at the first joint, cut the skin around the first joint of the hind leg, loosen it and then with a sharp knife slit the skin on the under side of the leg at the tail. Loosen the skin and turn it back until it is removed from the hind legs. Tie the hind legs together and hang the rabbit to a hook by this fastening. Draw the skin over the head, slipping out the fore legs when they are reached. Cut off the end of the nose and thus remove the entire skin. Wipe with a damp cloth, remove the entrails, saving heart and liver, and wipe carefully inside. If it requires washing, use water acidified with vinegar. Sprinkle a little pepper over the head, put in a cool place and hang overnight.

Before cooking, soak in tepid water for a time. If blood has settled in any part, cut with the point of a knife where it is black and soak in warm water; this will draw out the blood.

Skewer the head firmly between the shoulders, draw the legs close to the body and fasten with skewers.

ROAST HARE OR RABBIT

Hare or rabbit
Force meat
Salt and pepper

Beef-drippings or butter
or butter substitute

Wipe the hare or rabbit dry, fill it with good force meat, sew up and firmly truss it. Season well with salt and pepper, roast slowly and baste well with beef-drippings, butter or butter substitute. A thin piece of beef-suet skin may be tied over the back for the first three-quarters of an hour and then removed. One and three-quarter hour is the full time for roasting. Serve with brown gravy and currant jelly.

BROILED RABBIT OR HARE

Rabbit or hare
Salt and pepper

Butter or butter substitute

Skin and clean the rabbit or hare, wipe dry, split down the back, and pound flat; then wrap in oiled paper. Any tough white paper may be oiled. Place on a greased gridiron and broil over a clear,

brisk fire, turning often. Remove the paper and serve on a hot platter, seasoned with plenty of salt, pepper and butter or butter substitute, turning over and over so it will take up the fat. The oiled paper is not essential but results in a juicier product.

FRIED RABBIT OR HARE

Rabbit or hare	Flour
Egg	Milk or cream
Bread-crumbs	Salt and pepper

Dress as directed and put into boiling water. Boil ten minutes and drain. When cold, cut into joints, dip into beaten egg, then in bread-crumbs and season with salt and pepper. Sauté in any good fat over a moderate fire. Thicken the gravy with the flour and pour in milk or cream, boil up once and pour over the rabbit. Garnish with sliced lemon.

RABBIT OR HARE SALMI

1 rabbit or hare	2 tablespoons flour
1 slice onion	2 cups water
1 stalk celery	1 teaspoon salt
1 bay-leaf	1 tablespoon Worcestershire sauce
2 tablespoons oil	1 tablespoon capers
2 tablespoons butter or butter substitute	12 stoned olives

Clean and dress as directed and place in a baking-pan. Add onion, celery cut fine, and bay-leaf, brush with oil, then cook for thirty minutes. Lift the meat from the pan, add the butter or butter substitute and the flour and stir until a rich brown. Add hot water, stir well, and when smooth, add salt, Worcestershire sauce, capers and olives. Lay the meat again in the pan, cover closely and simmer for thirty minutes. Dish the game, strain the sauce over the meat, arrange the olives as a garnish, sprinkle the whole with finely chopped parsley and serve.

RABBIT OR HARE PIE

Rabbit or hare	Lemon-juice
Salt and pepper	

Dress as directed and divide into pieces suitable for serving, cutting the back into three parts. Immerse in salted water for one-half hour, wipe dry, and then rub with lemon-juice, salt and pepper. If the rabbit is very plump, gash the thickest part several times, allowing the seasoning to penetrate. Follow directions given for game pie.

RABBIT OR HARE WITH POTATOES

1 rabbit or hare	$\frac{1}{2}$ bay-leaf
3 tablespoons butter or butter substitute	$\frac{1}{2}$ teaspoon salt
3 small onions, chopped	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{8}$ teaspoon thyme	6 diced potatoes

Clean, dress and cut up the rabbit or hare and brown it in the fat in a frying-pan. Remove to a kettle and add onions, thyme, bay-leaf, salt, pepper and two cups boiling water. Simmer gently until the meat is nearly done, then add the potatoes and simmer until tender.

RABBIT OR HARE EN CASSEROLE

Rabbit or hare	1 teaspoon salt
3 tablespoons savory fat or drippings	$\frac{1}{8}$ teaspoon pepper
4 tablespoons flour	Garlic, if liked

Rub the frying-pan with garlic, if it is not objectionable. Dress and cut up the rabbit and cook in the fat in a frying-pan until brown. Remove the hare from the pan, stir the flour into the fat, add two cups hot water, salt and pepper, and let it come to a boil, stirring it constantly. Place the meat in a baking-dish, pour the gravy over it, cover closely and bake in the oven or fireless cooker until tender.

If the garlic is not used, a teaspoon of currant jelly may be added to the gravy before serving.

ROAST SQUIRRELS

Squirrels	Pepper and salt
Olive oil	Onion-juice
Lemon-juice or tarragon vinegar	Oil
1 cup bread-crumbs	Brown stock
Cream	Worcestershire sauce
1 cup button mushrooms	Paprika

Clean the squirrel thoroughly, wash in several waters and cover with olive oil mixed with lemon-juice or a little tarragon vinegar. Let stand for an hour on a platter. Soak a cup of bread-crumbs in just enough cream to moisten them, add a cup of button mushrooms cut in dice, pepper, salt and onion-juice. Stuff each squirrel with this mixture, sew and truss as you would a fowl. Rub with oil, place in a dripping-dish, and partly cover with brown stock diluted with a cup of boiling water. When the squirrels are well roasted, make a gravy out of the liquor in the pan, by adding a teaspoon of Worcestershire sauce, and paprika, salt and lemon-juice to taste.

BRUNSWICK STEW

2 squirrels	6 potatoes
1 tablespoon salt	1 teaspoon pepper
1 minced onion	2 teaspoons sugar
1 pint Lima beans	1 quart sliced tomatoes
6 ears corn	$\frac{1}{2}$ pound butter or butter
$\frac{1}{2}$ pound salt pork	substitute

This dish is named for a county in Virginia and is a favorite dish in that section of the country. It is served in soup-plates.

Cut the squirrel in pieces, as for fricassee. Add the salt to four quarts of water and when boiling add the onion, beans, corn, pork, potato, pepper and the squirrels. Cover closely and simmer for two hours, then add the sugar and tomato, and simmer one hour more. Ten minutes before removing the stew from the fire, add the butter or butter substitute, cut into pieces the size of a walnut and rolled in flour. Boil up again, adding some salt and pepper if needed, and turn into a tureen.

STUFFINGS FOR FISH, MEAT, POULTRY AND GAME

BREAD STUFFING—No. 1

1½ cup stale bread-crumbs, not dried	1 teaspoon salt
¼ cup butter or butter substitute	¼ teaspoon pepper
	1 egg

Moisten the bread-crumbs with an egg slightly beaten and the melted butter or butter substitute. Season and mix well. This makes a rich, moist dressing.

BREAD STUFFING—No. 2

1½ cup bread-crumbs	1 tablespoon chopped onion
1 teaspoon salt	1 tablespoon butter or butter substitute
¼ teaspoon pepper	
½ cup milk	

Add the seasonings and butter or butter substitute to the crumbs and beat in the milk last.

BREAD STUFFING—No. 3

2 to 3 tablespoons melted fat	1 teaspoon salt
1 tablespoon chopped onion	¼ teaspoon pepper
1 cup dry bread-crumbs	1 to 2 tablespoons milk or stock
	½ teaspoon each sage, chopped celery, parsley

Melt the fat in the frying-pan; add the onion, and sauté until tender. Add the bread-crumbs and seasonings and mix well. Then add the milk or stock. This makes a loose, light stuffing much preferred by many to the soft moist or compact type of stuffing. It can be varied by leaving out the onion or the sage, by adding chopped celery or by adding two tablespoons of seeded raisins.

BREAD STUFFING—No. 4

1½ cup bread-crumbs	1 tablespoon chopped onion
3 tablespoons butter, but- ter substitute or other fat	1 teaspoon powdered sage
	1 teaspoon salt
	¼ teaspoon pepper

Rub the fat into the crumbs, then add the seasonings.

CRACKER-CRUM STUFFING

1 cup cracker-crums	$\frac{1}{8}$ teaspoon pepper
2 tablespoons butter or butter substitute	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup boiling water	$\frac{1}{4}$ teaspoon poultry seasoning

Melt the butter and mix with the crumbs. Add the water, and then the seasonings. When this stuffing is used, allowance must be made for swelling.

SAGE STUFFING

$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon salt
2 cups grated bread-crums	$\frac{1}{4}$ teaspoon pepper
$1\frac{1}{2}$ tablespoon melted butter or butter sub- stitute	$\frac{1}{4}$ teaspoon thyme
1 egg	$\frac{1}{2}$ teaspoon powdered sage
	$\frac{1}{2}$ teaspoon chopped onion
	$\frac{1}{4}$ teaspoon summer savory

Pour the milk on the crumbs and let stand about one hour, then add the seasonings, fat, and the eggs slightly beaten.

POTATO STUFFING

2 cups hot mashed potato	1 teaspoon sage
1 cup bread-crums	4 tablespoons melted butter or butter substitute
$\frac{1}{2}$ teaspoon pepper	2 tablespoons onion-juice
$\frac{1}{2}$ tablespoon salt	

Mix the ingredients in the order given.

CELERY STUFFING

$\frac{1}{2}$ bunch celery	1 quart stale but not dry bread-crums
2 tablespoons butter or butter substitute	2 tablespoons salt
2 eggs	$\frac{1}{2}$ teaspoon pepper

Chop the celery fine. Melt the butter or butter substitute, add the crumbs and mix well. Add the celery, salt and pepper and the eggs slightly beaten.

OYSTER STUFFING

1 pint oysters	2 cups dry bread-crums
1 teaspoon salt	$\frac{1}{4}$ cup butter or butter substitute
$\frac{1}{4}$ teaspoon pepper	

Mix the oysters well with the bread-crums and seasoning, and add melted butter or butter substitute.

PICKLE AND CAPER STUFFING

1 cup cracker-crums or fine bread-crums	1 teaspoon minced parsley
$\frac{1}{2}$ teaspoon salt	1 teaspoon capers
$\frac{1}{4}$ teaspoon pepper	1 teaspoon chopped pickles
1 teaspoon chopped onion	$\frac{1}{4}$ cup butter or butter substitute

Mix thoroughly the cracker-crums, salt, pepper, chopped onion, parsley, capers and pickles, and melted butter or butter substitute. This makes a dry, crumbly stuffing. To make a slightly moist dressing, use only two tablespoons butter or butter substitute and add two-thirds cup milk or water. A tablespoon of lemon-juice may be substituted for the capers, if preferred.

This is used for stuffing fish, usually.

SAUSAGE STUFFING

$\frac{1}{2}$ pound sausage-meat	1 tablespoon onion-juice
2 cups dried bread-crums	1 tablespoon minced parsley
Salt and pepper	

Mix sausage and crumbs, then add seasonings.

MUSHROOM STUFFING

3 cups stale bread-crums	2 teaspoons salt
6 tablespoons butter or butter substitute	$\frac{1}{2}$ teaspoon powdered thyme
$\frac{1}{2}$ cup chopped mushrooms	1 teaspoon minced parsley

Mix ingredients in the order given.

RICE STUFFING

1 cup milk	4 cups cold boiled rice
1 cup soft bread-crums	$\frac{1}{2}$ pound sausage
1 chopped onion	Sage
1 tablespoon butter or butter substitute	Parsley
Salt and pepper	Sweet herbs

Pour the milk over the crumbs. Cook the onion in the fat until brown, then add the rice, the soaked crumbs, the sausage, and seasonings to taste.

CHESTNUT STUFFING—No. 1

50 large chestnuts	1 tablespoon salt
3 tablespoons butter or butter substitute	$\frac{1}{2}$ teaspoon pepper

Shell and blanch chestnuts and boil one-half hour in water enough to cover them, then drain. Do not chop or mash them. Add to them the butter or butter substitute, salt and pepper.

CHESTNUT STUFFING—No. 2

50 large chestnuts	1 teaspoon minced parsley
2 cups cooked meat or poultry	$\frac{1}{2}$ teaspoon thyme
1 tablespoon salt	3 tablespoons butter or butter substitute
$\frac{1}{2}$ teaspoon pepper	

Shell and blanch the chestnuts, and boil one-half hour, in water enough to cover them, then chop. Chop the meat and add to the chestnuts, then add the other ingredients and mix well.

CHESTNUT STUFFING—No. 3

1 quart chestnuts	2 tablespoons cream
$\frac{1}{4}$ cup bread-crumbs	Salt and pepper
2 tablespoons butter or butter substitute	Onion-juice, if desired

Shell and blanch the chestnuts and cook in boiling water until tender. While they are still hot, rub them through a coarse sieve or colander. Add other ingredients in order given.

SAUCES FOR FISH, MEAT, POULTRY AND GAME

Sauces add variety to the diet, make foods more attractive to the eye and to the palate and thus stimulate appetite, aid digestion and improve nutrition.

WHITE SAUCE AND BROWN SAUCE

Methods of combining flour or corn-starch with liquids are given in the front of the book, under the heading "Useful Facts about Starch." The simplest method of thickening white and brown sauces is by means of a roux (Methods III and IV, page 15). Equal parts of fat and flour make the best roux for thickening sauces. If much more fat than flour is used, the fat rises to the top of the mixture; if less flour than fat is used, the paste may burn. Therefore, if less fat than flour is required, it is better not to make it into a roux but to use another method of thickening the sauce. If more fat than flour is required in the sauce, it should be beaten in in small pieces after the liquid is added and just before the sauce is served.

The American method of making roux is to melt the butter, add the flour and cook only until the mixture bubbles before adding the liquid. This saves time, but at the expense of the flavor of the sauce. The French method is to melt the fat, add the flour and cook with constant stirring for five minutes, to remove the raw taste of the flour.

For a brown roux, the basis of brown sauces, the butter is melted and allowed to brown before the flour is added. After the addition of the flour, it is allowed to cook until the flour, too, is brown. This long cooking is the secret of a successful brown sauce.

All sauces thickened with flour or corn-starch should be cooked for at least fifteen minutes; an hour or longer improves the flavor. The seasonings should be added just before the sauce is served.

Proportions for white or brown sauces are as follows:

THIN WHITE SAUCE

1 tablespoon flour	1 cup milk
1 teaspoon to 1 tablespoon fat	$\frac{1}{4}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

MEDIUM WHITE SAUCE

2 to 3 tablespoons flour	$\frac{1}{4}$ teaspoon salt
1 to 3 tablespoons fat	$\frac{1}{8}$ teaspoon pepper
1 cup milk	

THICK WHITE SAUCE

4 to 5 tablespoons flour	$\frac{1}{4}$ teaspoon salt
1 to 5 tablespoons fat	$\frac{1}{8}$ teaspoon pepper
1 cup milk	

BROWN SAUCE

A brown sauce is a variation of a white sauce, in which brown roux and soup stock are used instead of white roux and milk or other liquids.

BROWNEF FLOUR

Spread flour on a pie-tin and place on the stove or in a very hot oven. When it begins to color, stir constantly until evenly browned throughout. When cold, cork closely in jars. This is used for coloring and thickening many dishes.

BROWNEF BUTTER

Place a small piece of butter or butter substitute in a hot frying-pan and toss about until it turns brown. Stir browned flour into it until it is smooth and commences to boil. This is used for coloring gravies, sauces, etc.

CREAM SAUCE

For cream sauce, use cream instead of milk for the liquid.

VELOUTÉ SAUCE

Substitute one cup of well-seasoned white stock for the milk in thin or medium white sauce.

POULETTE SAUCE

1 cup Velouté sauce	2 egg-yolks	1 cup cream
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Slowly add, with constant stirring, the Velouté to the egg-yolks, beat in the cream and reheat over hot water. Beat well and serve at once. It is improved by adding, a little at a time, one tablespoon butter, the juice of half a lemon, a tablespoon of chopped parsley and a dash of nutmeg.

PERSILLADE SAUCE (PARSLEY SAUCE)

2 to 4 tablespoons chopped parsley 1 cup medium or thin white sauce

Add parsley to white sauce.

CELERY SAUCE—No. 1

$\frac{1}{2}$ cup chopped cooked celery 1 cup medium white sauce

Add celery to white sauce. Serve with boiled fowls.

CELERY SAUCE—No. 2

1 pint diced celery 4 tablespoons flour
2 tablespoons butter or Salt and pepper
butter substitute 1 pint milk

Place the diced celery in a saucepan with just enough water to cover, then cover the pan, and simmer gently. When the celery has cooked an hour, make a roux of the butter or butter substitute and flour and add the celery, with the milk, salt and pepper. Boil ten minutes, stirring constantly.

SOUBISE SAUCE

4 boiled onions 1 cup medium or thin white
2 sprigs parsley sauce

Rub the onions and parsley through a strainer. Combine with hot white sauce. This sauce is very good with chops, lamb or pork.

CHEESE SAUCE

2 to 4 ounces cheese 1 cup medium or thin white
Mustard and paprika sauce

Put the cheese through a food-chopper. Mix with the white sauce. Set over hot water and stir until the cheese is thoroughly blended with the sauce. Season with mustard and paprika.

EGG SAUCE—No. 1

1 chopped hard-cooked egg 1 cup medium white sauce

Combine the two ingredients.

EGG SAUCE—No. 2

1 egg

1 cup thin white sauce

Beat the egg, dilute with one tablespoon of white sauce, then beat into hot white sauce remaining. If egg-white is beaten separately, the sauce will be foamy; if only egg-yolk is used, a good yellow sauce will result.

BÉCHAMEL SAUCE

Substitute one-half cup meat-stock for half the milk in the medium or thin white sauce. If an acid flavor is desired, add one teaspoon of lemon-juice for each cup of sauce.

BÉCHAMEL SAUCE WITH MILK

1 small onion

 $\frac{1}{4}$ cup chopped lean raw ham2 tablespoons butter or
butter substitute

4 tablespoons flour

1 pint milk

Slice the onion, place the butter or butter substitute in a saucepan and slightly brown the onion and ham in it. Add the flour and, when well mixed, the milk. Stir until boiling and cook over hot water for ten minutes or longer. Add seasonings, strain and use.

LOBSTER, OYSTER, SHRIMP SAUCES

Add one-half cup chopped cooked fish to one cup white sauce.

OYSTER SAUCE—No. 2

1 pint small oysters

1 cup medium white sauce
seasoned

Heat the oysters in their own liquor to boiling-point. Remove them from the fire after they have boiled one-half minute, skim them, and combine with the white sauce.

TOMATO SAUCE1 quart fresh or canned
tomatoes3 tablespoons butter or butter
substitute

1 slice onion

3 tablespoons flour

8 cloves

Salt and pepper

Set the tomatoes, onion and cloves on the fire and cook for twenty minutes. Brown the fat in a frying-pan, add the flour, and cook until smooth and brown, stirring constantly. Add the tomatoes,

cook for three minutes, season with salt and pepper and pass through a strainer fine enough to hold back the seeds. This makes a very thin sauce. More flour may be used, if desired.

TOMATO CREAM SAUCE

1 cup tomatoes, fresh or canned	$\frac{1}{2}$ teaspoon salt
1 stalk celery	Few grains cayenne
1 slice onion	1 teaspoon soda
	1 cup medium white sauce

To the tomatoes, add the celery, onion, salt, cayenne and cook briskly twenty minutes. Rub through a strainer, add soda and combine with the white sauce. Serve with baked fish or cutlets.

SAUCE PIQUANTE

2 tablespoons butter or butter substitute	2 cloves
2 onions	1 clove of garlic
2 carrots	2 tablespoons flour
2 shallots	1 cup beef or veal stock
Thyme	$\frac{1}{2}$ cup vinegar
1 bunch parsley	Salt and pepper

Melt butter or butter substitute, slice into it onions, carrots and shallots. Add a little thyme, minced parsley, cloves and clove of garlic. Let this mixture cook until the carrot is soft, then add flour. Let it cook for five minutes more, and add beef or veal stock and vinegar, skim, and strain through a sieve. Add salt and pepper when boiling.

HORSERADISH SAUCE

2 tablespoons butter	$\frac{1}{2}$ to 1 teaspoon salt
2 tablespoons flour	Few grains pepper
2 cups meat stock	2 to 4 tablespoons horseradish

Make a brown sauce of butter, flour, stock and seasonings. Add horseradish and serve.

GIBLET GRAVY

Giblets and neck of fowl	2 tablespoons flour
2 tablespoons chicken fat	Salt and pepper

Place the giblets (liver, heart and gizzard) and the neck in a saucepan, and cover them with cold water. Simmer slowly and when tender remove meat from the neck, and chop fine with the giblets,

saving the water in which they were cooked. Heat the fat on top of the stove and when it is hot, stir in the flour. Cook two minutes, then add one cup of the stock left from cooking the giblets, pouring it in gradually so as not to thin the gravy too much. If the gravy seems too thick, add a little hot water. Lastly, put in the chopped giblets, and season to taste with salt and pepper.

DRAWN-BUTTER SAUCE

$\frac{1}{3}$ cup butter or butter substitute	1 pint boiling water
4 tablespoons flour	$\frac{1}{4}$ teaspoon salt

Make a roux of four tablespoons of the butter or butter substitute and all of the flour. Gradually add the boiling water, stirring constantly over hot water, until the sauce comes to the boiling-point. Simmer until it is thick and smooth. When ready to serve, add salt and the remaining butter in small bits, beating constantly.

MAÎTRE D'HÔTEL SAUCE

2 cups drawn-butter sauce	2 egg-yolks
1 tablespoon lemon-juice	Salt and pepper
1 tablespoon chopped parsley	

Add the lemon-juice and chopped parsley to the drawn-butter sauce. Let it cool slightly, add the beaten yolks and season with salt and pepper. Do not permit the sauce to boil after the addition of the egg-yolk.

CAPER SAUCE—No. 1

2 to 4 tablespoons chopped capers	1 cup medium or thin white sauce
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Add the capers to the white sauce. This is suitable to serve with mutton.

CAPER SAUCE—No. 2

Make as for Maître d'Hôtel sauce but omit the parsley and add three tablespoons capers. This is excellent with fish.

IMITATION CAPER SAUCE

$\frac{1}{2}$ cup chopped cucumber pickles	2 cups drawn-butter sauce
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To the drawn-butter sauce add pickles, cut into tiny cubes of a uniform size and well drained. Boil for one minute. Serve with fish or chops.

BUTTER SAUCE À LA CREOLE

4½ tablespoons butter or butter substitute	½ tablespoon flour Juice of 1 lemon
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Make a sauce of one-half cup of cold water, one-half tablespoon butter or butter substitute and the flour. When the mixture boils, stir in quickly four tablespoons butter or butter substitute and add, by degrees, another one-half cup of cold water to keep the mixture from boiling. Stir in the juice of a lemon and strain. It must be served at once and hot. It becomes oily if kept long. One tablespoon of chopped parsley may be added.

BROWN SAUCE

1 tablespoon chopped onion	2 tablespoons flour
2 tablespoons butter or butter substitute	1 cup brown meat stock Pepper and salt

Brown the onion and butter or butter substitute. Add the flour and make a brown roux. Pour in the brown stock and cook with constant stirring until the sauce thickens sufficiently. Strain to remove the particles of onion and season with pepper and salt. If the roux was not sufficiently brown, a few drops of kitchen bouquet or of Worcestershire sauce may be added.

BROWN SAUCE FROM MEAT GRAVY

Another method of making brown sauce is from the fat and juice of the roast. Add two tablespoons of flour to two tablespoons of the hot drippings from the roast, stir and cook well. Then add one cup of boiling water, stir well to avoid lumps and season to taste with salt and pepper. If liked, a tablespoon or two of catchup may be added or a flavoring of Worcestershire or other sauce. If there is much fat, remove a part of it before adding the flour. Keep in mind the proportions of flour to fat and liquid in any sauce.

BROWN SAUCE ESPAGNOLE

¼ cup butter	Thyme
1 slice carrot	6 peppercorns
1 slice onion	5 tablespoons flour
Sprig parsley	2 cups brown stock
Pepper and salt	

Put the butter or butter substitute in a saucepan, add the carrot, onion, parsley, thyme and peppercorns and cook until the fat is brown but not burned. Stir in the flour, and, when well browned, add gradually the brown stock. When at the boiling-point, remove, strain and season with pepper and salt.

CURRANT JELLY SAUCE

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|---|-----------------------|
| 1 onion | 1 stalk celery |
| 1 tablespoon butter or
butter substitute | 1 bay-leaf |
| 1 tablespoon flour | 2 tablespoons vinegar |
| $\frac{1}{2}$ cup currant jelly | 2 cups stock |

Slice the onion and cook in the butter or butter substitute till it begins to color, then add the flour and herbs and stir until brown. Add the vinegar and the stock and simmer twenty minutes. Strain, skim off all the fat, put in the jelly and stir it until it is melted. This sauce is used with game.

MUSHROOM SAUCE

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|--|----------------------------------|
| 4 tablespoons butter or
butter substitute | 2 cups stock |
| 4 tablespoons flour | 1 cup mushrooms, fresh or canned |
| | Salt and pepper |

Make a brown sauce of the fat, flour and stock. Add one cup mushrooms and cook until hot. If mushrooms are not very gently treated, they will become tough. Too much cooking ruins them, three or four minutes being quite sufficient for those that have been canned and five or six for fresh ones.

This sauce is used with any kind of roasted, broiled or braized meat, particularly with beef.

ONION SAUCE

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| $\frac{1}{2}$ cup minced onion | 3 tablespoons flour |
| 3 tablespoons butter or
butter substitute | $1\frac{1}{2}$ cup beef stock |
| | 1 tablespoon minced parsley |

Cook the onion with the butter or butter substitute until slightly browned. Stir in the flour, then add the stock and parsley, stirring constantly. Serve with beef.

SAUCE ROBERT

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| 6 onions | 1 tablespoon mushroom catchup |
| 2 tablespoons butter or
butter substitute | Salt and pepper |
| 1 tablespoon flour | Mustard |
| 1 cup stock | 1 tablespoon lemon-juice |

Slice onions and sauté them in butter or butter substitute in a small saucepan until they are finely browned; then add the flour, mushroom catchup, stock, salt, pepper and mustard to taste and the lemon-juice. This sauce may be served with both cold and hot meats.

SAUCE SUPREME

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| 2 tablespoons butter or
butter substitute | 1 cup chicken gravy |
| 2 tablespoons flour | 2 lemons |
| | 2 teaspoons chopped parsley |

Place the butter or butter substitute in a frying-pan, over the fire, and when it is hot, add the flour. Stir well, and when turning brown, add the chicken gravy or broth, and boil for several minutes, stirring constantly. Then add the juice of the lemon and the parsley. After the sauce has boiled up once, it is ready to serve.

OLIVE SAUCE

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| 2 dozen olives | 2 tablespoons flour |
| 2 tablespoons salad oil | 1 pint stock |
| 1 slice onion | Salt and pepper |
| 1 lemon | |

Place the olives in an earthenware bowl, cover with hot water and let them remain for half an hour to draw out the brine. Place the oil in a frying-pan, and add the onion; when this commences to color, add the flour. Stir until smooth. After it has cooked for two minutes, add the stock, and place where it will simmer gently. Pare the olives round and round as though paring an apple, leaving the pulp in a single strip. If this is done carefully, the olives will retain their shape. Place the olives in the sauce, add the seasoning, the juice of the lemon and simmer for twenty minutes. Skim carefully and serve.

SPANISH SAUCE

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|---|--------------------------------|
| 1 tablespoon finely chop-
ped lean raw ham | 2 tablespoons butter |
| 1 tablespoon chopped
celery | 2 tablespoons flour |
| 1 tablespoon chopped
carrot | $\frac{1}{2}$ cup stock |
| 1 tablespoon onion | $\frac{1}{2}$ cup tomato-juice |
| | $\frac{1}{2}$ teaspoon salt |
| | $\frac{1}{8}$ teaspoon pepper |

Melt the butter. Add the ham and vegetables and cook until they are brown. Make a sauce of this mixture and the flour, salt, pepper and liquid.

CHATEAUBRIAND SAUCE

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| 3 tablespoons butter or
butter substitute | Pepper |
| 1 tablespoon lemon-juice | 1 teaspoon minced parsley |
| 1 teaspoon salt | 2 cups Spanish sauce |

Thoroughly whip together the fat, lemon-juice, salt, a pinch of pepper and minced parsley. Add the Spanish sauce, reheat, stir for a moment and serve.

CURRY SAUCE

1 tablespoon butter or butter substitute	1 pint stock or water
2 teaspoons chopped onion	1 tablespoon flour
1 teaspoon curry-powder	Salt and pepper

This sauce is used as a basis for many dishes. Cold meat or fish, canned salmon or lobster, shrimps or oysters, all may be heated in this sauce and a great variety of dishes is thus made possible. Have the butter or butter substitute hot and sauté in it the chopped onion until a delicate brown, then add the curry-powder and stock or water. Simmer for ten minutes and then stir in the flour that has been rubbed smooth in a tablespoon of cold water. Allow it to boil for a minute or two, stirring constantly. Strain and it is ready for use.

MADE GRAVY

2 small onions	Water
1 carrot	Flour
Small piece of lean beef size of egg, a beef cube or 1 teaspoon extract	Pepper and salt
	Catchup
	Butter or butter substitute

Cut up onions and carrot; place them with a little lean beef or beef extract in a stewpan with a bit of butter or butter substitute and brown all together. Add enough water to cover the mixture and stir slowly until the vegetables are cooked. Strain, thicken with flour, and add pepper, salt and catchup. Color brown with caramel if necessary.

HOLLANDAISE SAUCE

$\frac{1}{2}$ cup butter or butter substitute	1 teaspoon salt
Yolks of 3 eggs	$\frac{1}{4}$ teaspoon pepper
Juice of $\frac{1}{2}$ lemon	$\frac{1}{2}$ cup boiling water

This is one of the best sauces for fish. Beat the butter to a cream with a silver spoon, add the yolks of the eggs, one at a time, and beat well, then add the lemon-juice, salt and pepper. About five minutes before serving, add the boiling water, a little at a time, stirring well. Place the bowl in a saucepan of boiling water, and stir rapidly until the sauce thickens like boiled custard.

MOCK HOLLANDAISE SAUCE

$\frac{1}{2}$ cup thick white sauce	$\frac{1}{8}$ teaspoon paprika
3 tablespoons butter or butter substitute	1 tablespoon lemon-juice
$\frac{1}{4}$ teaspoon salt	2 egg-yolks

Add butter or butter substitute, in small pieces, to white sauce, stirring constantly. Add seasoning and lemon-juice and stir in egg-yolks. Cook, with constant stirring, until the sauce is smooth and thick.

BEARNAISE SAUCE

4 tablespoons butter or butter substitute	1 tablespoon tarragon vinegar
Yolks 4 eggs	1 teaspoon onion-juice
$\frac{1}{2}$ teaspoon salt	1 teaspoon chopped tarragon
$\frac{1}{2}$ teaspoon pepper	1 teaspoon chopped parsley

Stir the butter or butter substitute in a hot cup until perfectly soft and creamy. Place the yolks and the salt and pepper in the top of a double boiler and beat light with an egg-beater, then add one-third of the butter or butter substitute and beat until smooth, add another third and beat again, and then add the remainder of the butter and beat until all is perfectly smooth. Add the vinegar and onion-juice and beat again. Place over boiling water and cook for three minutes, beating constantly with the egg-beater. Remove from the fire, put in the chopped parsley and tarragon and use immediately.

CHAUD FROID SAUCE

1 tablespoon gelatin	1 cup Velouté sauce
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Soak the gelatin in cold water and add to the hot Velouté. Mix well. Strain, if necessary, let it cool and use to coat cold meats.

YELLOW CHAUD FROID SAUCE

Add the beaten yolks of two eggs just before removing from the fire.

BROWN CHAUD FROID SAUCE

Use a brown roux and brown stock in making the Velouté.

REMOULADE SAUCE

2 hard-cooked egg-yolks	2 cups oil
1 raw egg-yolk	1 teaspoon mustard
3 tablespoons tarragon vinegar	$\frac{1}{2}$ teaspoon salt
3 tablespoons cider vinegar	1 teaspoon parsley

Put the cooked yolks of eggs through a coarse wire sieve, and then put them in a dish with the raw yolk and the seasoning. Add two tablespoons of the vinegar and beat thoroughly five minutes. Next add the oil, one teaspoon at a time, beating the mixture two or three minutes at a time after each addition of oil. When five teaspoons have thus been added, the rest of the oil may be put in in larger quantities, three or four teaspoons at a time. Whenever the sauce becomes so thick that the beater turns hard, put in one-half tablespoon of vinegar. When all the oil and vinegar have been used, add the mustard, salt and parsley. This sauce may be used for meat or for salads. There is not a great deal of difference between remoulade sauce and mayonnaise.

This may be varied by adding capers, finely chopped gherkins and a dash of cayenne.

TARTAR SAUCE

1 cup mayonnaise dressing	1 tablespoon chopped
1 teaspoon onion-juice	cucumber pickle
1 tablespoon capers	

Make the mayonnaise rather more sour and with a little more mustard than for salad, and mix into it the capers, pickle and onion-juice. Set on the ice until needed. This sauce should be quite thick when served.

CRANBERRY SAUCE

3 cups cranberries	2 cups sugar	2 cups water
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Wash the cranberries in cold water, put them into a porcelain or agate kettle, add water, cover and bring to a boil, keeping the berries closely covered until they are broken to pieces. Rub through a colander, add the sugar, stir over the fire until sugar is melted, then turn out to cool.

SPICED CRANBERRIES

4 cups cranberries	5 allspice
5 cloves	2 sticks cinnamon
3 cups sugar	2 blades mace

Pick over and wash the berries. Place in a saucepan and cover with cold water. Tie spices in a cheese-cloth bag and drop in with the berries. Cook until the berries burst. Remove spices, add sugar, and cook until the mixture is clear. Chill.

MOCK WILD CHERRY SAUCE

1 quart cranberries	2¼ cups white sugar
1 cup water	1 teaspoon almond flavoring

Add cranberries to boiling water, cover and cook until the berries burst. Add sugar and boil a few minutes longer. Add flavoring.

CIDER APPLE SAUCE

4 quarts sweet cider	2 quarts apples
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By boiling without a cover, reduce four quarts of new cider to two quarts. Pare, quarter and core the apples and cook with the cider over a moderate fire for four hours. Flavor with cinnamon, if desired.

OLD-TIME APPLE SAUCE

12 apples	1½ cup sugar	1 cup water
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Pare, chop and place apples in a deep pudding-dish; sprinkle with sugar, and pour water over them. Bake in the oven slowly two hours or more, until they are a rich red-brown. Serve with goose, pork or game.

MINT SAUCE

1 tablespoon powdered sugar	¼ cup finely chopped
½ cup vinegar	mint leaves

Dissolve sugar in vinegar. Pour this over finely chopped mint leaves and stand for one-half hour on back of a stove to infuse. If vinegar is very strong, dilute with water.

CURRENT MINT SAUCE

⅔ cup currant jelly	1 to 2 tablespoons chopped
	mint leaves and shavings
	from orange-rind

Separate jelly into pieces, but do not beat it. Add chopped mint leaves and orange-rind shavings. Serve around roast.

COOKED MARINADE

2 tablespoons butter or butter substitute	3 tablespoons chopped celery
2 tablespoons chopped bacon	1 sprig parsley
3 tablespoons chopped onion	1½ cup vinegar
3 tablespoons chopped carrot	½ cup water
1 bay-leaf	1 teaspoon salt
	½ teaspoon pepper
	Thyme
	1 clove garlic

Cook butter or butter substitute, chopped bacon, onion, carrot, celery, garlic, bay-leaf, thyme and parsley slowly for twenty minutes; add vinegar, water, salt and pepper and simmer twenty minutes. Strain and cool. Use to season game, poultry and fish either before or after cooking.

RAW MARINADE

In chapter on "Salads and Salad Dressings." (See Index.)

CUCUMBER SAUCE

2 cucumbers	Salt and pepper
½ cup stock	Celery essence
½ tablespoon vinegar	

Cut peeled cucumbers into very small pieces. Stew gently until tender in a saucepan with stock, vinegar, salt, cayenne and a little celery essence. Celery-salt may be used instead of plain salt, if preferred. A bit of boiled onion and a little butter or butter substitute may be added also, if desired. Strain through a sieve.

ANCHOVY SAUCE

¼ cup fresh butter or butter substitute	⅛ teaspoon essence of anchovy
	Cayenne pepper

Melt the butter or butter substitute and stir in the essence of anchovy and the cayenne pepper. Warm and stir thoroughly and serve with either boiled or fried fish.

BEURRE NOIR

2 tablespoons butter or butter substitute	1 tablespoon chopped parsley
1 tablespoon vinegar	½ teaspoon salt
1 teaspoon lemon-juice	¼ teaspoon pepper

Place the fat in a frying-pan and when it is browned add the other ingredients. Boil up once and serve. This sauce is poured over fried fish or boiled fish just before serving.

PARSLEY BUTTER

3 tablespoons butter, or butter substitute	1 tablespoon chopped parsley
1 tablespoon lemon-juice	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Cream butter or butter substitute and then add lemon-juice, chopped parsley, salt and pepper. This may be used to spread on fried or boiled fish or over potato balls. When intended for the latter, one-half tablespoon of lemon-juice will be enough.

LOBSTER BUTTER

1 lobster coral	3 tablespoons butter or butter substitute
3 tablespoons chopped lobster	Seasoning

Lobster butter is used in lobster soups and sauces to give color and richness. Pound the coral of a lobster to a smooth paste with two tablespoons of butter or butter substitute, add chopped lobster and remaining tablespoon of butter or butter substitute and pound again until all is reduced to a smooth paste, then rub through a fine sieve. If coral is not obtainable, the small claws and butter may be pounded together.

MUSTARD SAUCE

1 tablespoon dry mustard	1 tablespoon melted butter or butter substitute
$\frac{1}{2}$ teaspoon sugar	$\frac{1}{4}$ cup boiling water
$\frac{1}{4}$ teaspoon salt	
$\frac{1}{4}$ cup vinegar	

Mix dry ingredients, add liquids, mix well and serve.

JELLY SAUCE

1 glass currant or grape jelly	1 level teaspoon dry mustard 1 teaspoon salt
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Turn the currant or grape jelly out into a deep plate and beat it to a foam. Then add dry mustard and salt and beat again thoroughly.

HORSERADISH SAUCE—No. 1

1 teaspoon mustard	Salt
3 tablespoons cream	Horseradish
1 tablespoon vinegar	

Mix the first four ingredients and add as much grated horseradish as is required to make it rather thick.

HORSERADISH SAUCE—No. 2

$\frac{1}{4}$ cup heavy cream	$\frac{1}{4}$ teaspoon salt
3 tablespoons grated horseradish	Sprinkle cayenne or pepper
	1 tablespoon vinegar

Whip the cream until stiff. Gradually beat in mixture of other ingredients. Serve on baked ham.

BREAD SAUCE

1 cup stale bread-crums	$\frac{1}{4}$ onion
2 cups milk	2 tablespoons butter or
Salt and pepper	butter substitute

This sauce is to be served with small birds. The crumbs must be entirely white. Sift the crumbs through a coarse sieve place the fine ones that pass through in the milk, add the onion, and put this liquid in a stew-pan on the fire to cook. Cook for twelve minutes, remove the onion, add one tablespoon of butter or butter substitute, with salt and pepper to taste. Place the remaining fat on the fire in a frying-pan, add the coarse bread-crumbs and fry them brown, being careful to have the fat very hot before putting in the crumbs. Stir vigorously for two or three minutes, but do not burn the crumbs. Serve the sauce in a gravy dish and the browned crumbs on a very hot plate or small dish.

GLAZING FOR MEAT

Boil one quart of consommé until it is reduced to one cup. For half-glaze, reduce it to one pint. Another method is to simmer a small amount of jellied stock with burnt sugar until it becomes like a sirup. A third method is to add one-half tablespoon gelatin soaked in four tablespoons water to one cup of stock. The glaze should be melted over hot water and applied to meat, fish, game or poultry.

ENTRÉES AND MADE-OVER DISHES

An entrée is a dish that is served as an independent course between the main courses of a formal meal. It is lighter than either, is small in bulk, is always accompanied by a sauce which may or may not be an integral part of the dish, and has a garnish.

Most entrées are made from protein foods—eggs; fish of all kinds; meat, such as lamb, veal and tender cuts of fowl and beef, cooked in some way other than roasting; fresh vegetables such as mushrooms, artichokes, asparagus, tomatoes, and some fruits, but the method of cooking must be unusual.

When two entrées are served in one meal, they should be of entirely different character. If one is a solid piece of food, the other should be of finer pieces; the manner of cooking should be different. The color and sauce, also, should conform to this rule. The hot entrée ordinarily precedes and the cold entrée follows the roast.

An entrée of protein food may take the place of the meat in the main course of an informal meal, and in this case a larger portion can be served.

HOT ENTRÉES

Creamed mixtures—Of the hot entrées, these are the most simple and easily prepared. The mixture is kept hot and transferred at the last possible moment to the case or container in which it is served. It must be served in a case, such as a ramekin, puff-paste shell, timbale case or container formed of bread, rice or potato. Sometimes it is served on toast.

Choice fresh vegetables—Besides the vegetables mentioned above, the following make satisfactory entrées: celery or French endive may be braized; peppers may be stuffed with various well-seasoned mixtures; artichoke bottoms are often stuffed with forcemeat and baked, or breaded and fried; cucumber, eggplant, kohlrabi, Brussels sprouts and others have many possibilities.

Forcemeats—These call for more effort in preparation than any of the others and should have a smooth, velvety texture. They are made of cooked or uncooked meat or fish in finely divided form, those made of the uncooked material being considered more choice. Such meats as chicken and ham, any fine white fish, and shell-fish, make typical forcemeats.

Forcemeat is used in combination with other materials and is cooked alone to form:

Cutlets—Forcemeat cooked in shallow chop-shaped molds.

Quenelles—Forcemeat forced through a pastry-bag and tube into boiling water or stock. The shapes thus made are used to garnish other entrées or soups.

Timbales—Forcemeat cooked in straight-sided deep molds or mixtures of other materials. In timbales not made of forcemeat, egg is used for its thickening quality. It is really a custard in which the sugar has been replaced by savory seasonings and the milk in whole or in part by meat stock or vegetable purée. All timbales are cooked by means of oven-poaching and are not browned. They are unmolded before being served. A circle of buttered paper placed in the bottom of the mold before filling insures perfect unmolding.

Fillets—This type of entrée is composed of a solid piece of meat or fish and may comprise chicken breasts or joints, birds, chops, large oysters, scallops, crabs, fillets of fish, and three cuts of beef tenderloin. These, when used as entrées, may be cooked by broiling, sautéing, frying, baking, but never by roasting, as the flavor and effect is too much like that of the course that follows it.

Soufflés—These are the lightest of the entrées, being made so by well-beaten egg-white folded into the seasoned foundation mixture. This may be simply a fruit purée or pulp; it may be a white sauce combined with egg-yolks and the characterizing ingredient; or it may be a panada made by cooking either cracker or bread-crumbs with milk and adding the prepared ingredient, this method being best for meat soufflés. Soufflés need the same careful baking given to the egg timbales and are served in or from the baking-dish. The top should be lightly or well browned.

Croquettes—Croquettes are made of cooked and chopped ingredients held together usually by means of a thick sauce. When the mixture is cold, it is made into shapes of the same size, which are coated with flour or sifted crumbs, then rolled in an egg mixture (using two tablespoons of water or milk to each egg slightly beaten) so that the egg forms a continuous film, then into crumbs again. The croquettes may be allowed to stand till dry or may be fried at once in deep hot fat till brown. This is a good way to use left-over cooked foods.

Whatever shape is desired, it is easier to attain it by making the mixture into a round ball first, thus insuring a compact mass from which the chosen form may be readily produced. Croquettes are made in the form of balls, rolls, cones, nests or cups, cutlets, or flat cakes.

Fritters—These may be composed of a piece of fruit enclosed in a batter, then fried in deep hot fat and served with an appropriate sauce; or chopped fruit, chopped vegetable, or other chopped food, such as clams or lobster, may be stirred into the batter and fried by spoonfuls.

COLD ENTRÉES

Aspic—Aspic is a spiced tart jelly made from brown or white meat stock. It is used for enclosing a variety of foods in a mold or for giving a transparent coating of shining, sparkling finish. Various foods may be molded in aspic—for instance, stuffed olives, plain or stuffed tomatoes, eggs, birds, beef tongue, molded chicken salad or a molded mousse or other mixture stiffened with gelatin.

Aspics give ample opportunity to show inventiveness in design, for they are usually elaborately decorated. Decorative shapes may be cut from pimienta, green or red pepper, olives, pickles, hard-cooked egg-white, yellow custard, parsley, truffles or cooked vegetables. Green peas and capers, also, are used. Aspics are beautiful in appearance, but not always pleasing to eat, as the amount of gelatin necessary makes the jelly too stiff to be quite palatable.

Chaud froids—For these dishes, the sauce is made up hot but the finished product is served cold. The sauce, which may be white, yellow or brown, and stiffened with gelatin, is used to give a smooth, glossy surface to such things as eggs, cutlets, breast or other choice pieces of chicken, fish steaks or fillets, etc., all of which must be plainly cooked and well seasoned. A decoration is usual, also a final coating of aspic.

Mousse—This term used in connection with entrées refers to a dish made of a meat, fish or vegetable purée stiffened with gelatin and made light by means of beaten cream. It is molded to give it shape, then unmolded for serving.

Soufflés—It is difficult to differentiate these from the mousses. About the only difference is the manner of serving. The mixture may be put into individual dishes of china, or paper cases, having paper bands pinned about the top to give greater height. When the mixture is chilled, the bands are removed. The mixture, extending above the edge of the container, gives the effect of great lightness, thus simulating a soufflé.

Salads—Salads are not usually thought of as entrées, but in a formal menu are so considered.

PATTY CASES

Roll puff-paste (see Index for recipe) to the thickness of one-half inch, and shape into circles two and one-half to three inches in diameter, with a cookie-cutter. Remove centers from one-half of these circles, using a smaller cutter. Brush the edges of the uncut circles with water, and fit on to them the rings, forming a little wall and leaving a cavity in the center. Chill thoroughly before baking in a hot oven. These shells may be prepared the day before and reheated when needed. The small centers removed from the puff-paste circles should also be baked and used as lids to the patties when finished.

BOUCHÉES

Small pastry shells or cases filled with creamed meat or game are called bouchées, and are much in vogue for entrées. They provide an excellent way of utilizing left-overs of chicken, sweetbreads, fish. Paper cases, bought at the confectioner's, may be used instead of the pastry shells.

VOL AU VENT

A vol au vent is a large kind of patty. The name signifies, in French, something that will fly away in the wind. Roll out some puff-paste one and one-half inch in thickness. Cut a circle about six and one-half inches in diameter, using a plate or regular cutter to measure by. Place on a baking-tin and cut a smaller circle around the top, about one and one-half inch from the edge, to the depth of about an inch. Bake in a large, flat pan, in a hot oven, for thirty to fifty minutes. When the outer crust is cooked, take out the center, remove the uncooked paste from below, and the shell is ready to be filled. It may be filled with oysters, lobster or chicken, or any kind of delicate meat or fish chopped and seasoned with salt and pepper, and heated in Béchamel, white, brown or mushroom sauce. In using fish, always add one teaspoon of lemon-juice after the mixture is taken from the fire. Sweetmeats of any kind, or fresh berries, sweetened, may be used also.

TIMBALE CASES

1 teaspoon sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ cup flour

1 egg
1 tablespoon oil
 $\frac{1}{2}$ cup milk

Mix sugar, salt and sifted flour. Add the well-beaten egg, oil and milk. Beat with an egg-beater until perfectly smooth, then strain. This should be made an hour before it is needed and set aside in a cool place to lose the air which has been beaten into it. Pour into a cup that is deep enough to allow the timbale iron to be lowered into it to the required depth without touching the bottom.

Have ready a kettle of fat, place the iron in it and heat until the fat is hot enough to brown a piece of bread while counting forty. The fat should be deep enough to more than cover the mold end of the iron. When the iron is heated, take out, remove surplus fat, using crumpled tissue-paper, and lower into batter until iron is covered to not more than three-fourths of its height. This is necessary to allow for the rise of the batter in cooking. If only a thin layer of the batter adheres to the mold, dip it into the batter again until there is a smooth layer of the partly cooked batter. Plunge quickly into hot fat and cook for about twelve seconds.

When properly cooked, the timbale case should slip easily from the mold. Place the finished case on absorbent paper to drain and continue the operation until the required number are made. A fluted timbale iron is easier to work with, as the case does not slip off until thoroughly cooked. If the cases are not crisp, the batter is too thick and should be diluted with milk. These cases may be used with great variety. They may be filled with a choice creamed vegetable, or with creamed oysters, chicken or sweetbreads, or they may be filled with fresh or cooked fruit topped with whipped cream or powdered sugar, and served as a sweet course.

This recipe makes about thirty cases with an iron of ordinary size.

CROUSTADES OF BREAD

Cut slices of bread one to two inches thick. Remove the brown part only of the crust. Cut each trimmed slice into two oblongs or two triangles for large croustades or four squares for small croustades; or with a cookie-cutter, shape stale bread into circles, diamonds or squares, making them one and one-half inch high. Remove the centers, leaving a half-inch wall around and on the bottom. To remove the center run the blade of a sharp knife into the bread one-fourth to one-half inch from the edge of the bread. Cut along the sides nearly through to within one-half inch of the bottom of the slice. Run the knife through one side of the slice one-fourth inch from the bottom and slip the knife along to loosen the center piece, which can then be slipped out and will leave a smooth-sided box.

Fry these cases in deep fat, or, if preferred, brush over with melted fat and set in the oven to brown. These may be filled with creamed meat, fish, game or vegetables.

RICE CROUSTADES

Cook one cup of well-washed rice in white stock instead of water. When thoroughly cooked, drain well and mix with a thick white sauce and spread in a well-greased pan to the depth of about two inches. Cover with oiled paper and place weights on top, so that the mixture may become very compact when cold. When perfectly firm, cut in circles, make a cavity in the center of each, dip the case thus made in fine bread-crumbs, then in egg, and again in crumbs, and fry in deep, hot fat. These rice cases or croustades, filled with creamed fish or chicken, make a delicious entrée.

POTATO BORDER

9 medium-sized potatoes	$\frac{1}{2}$ cup hot milk
2 tablespoons butter or	1 tablespoon salt
butter substitute	2 eggs

Wash the potatoes, boil, drain, dry off and put through the ricer. Add butter or butter substitute, hot milk, salt and the well-beaten

yolks of the eggs. Beat till very light. Pack into a border mold rubbed with butter or butter substitute, and let it stand away from the heat for eight minutes. Beat the whites of the two eggs to a froth and add one-fourth teaspoon of salt, turn the border on a warm platter, cover it with the beaten white, and brown in a moderate oven. Put meat or fish, heated in sauce, in the center.

RICE BORDER

1 cup rice	2 tablespoons butter or butter substitute
3 cups white stock	
1 tablespoon salt	3 tablespoons milk or cream
2 egg-yolks	

Cook well-washed rice in white stock for one-half hour, then add salt and butter or butter substitute and cook slowly twenty minutes more. Beat the yolks of the eggs with the cream or milk and stir in. Rub a border mold thoroughly with butter or butter substitute, pack the rice firmly into it, let it stand eight to ten minutes in a warm (not hot) place and turn out on a hot platter. Fill the center with any meat preparation warmed in sauce.

RISSOLES

These are practically little turnovers, filled with a highly seasoned mixture of chopped chicken and ham or other delicate meat moistened with white sauce. Roll puff-paste very thin and cut in circles. Place a teaspoon of the mixture in the center of each circle, moisten half the circumference with cold water, and fold the other half over, pressing the edges closely together. Dip in slightly beaten egg mixed with a tablespoon of water. Fry in deep fat, and drain thoroughly.

CHICKEN PATTIES

For the filling, use equal quantities of button mushrooms and diced, cooked chicken mixed with one-half the quantity of medium white sauce. Heat thoroughly and put into the cases. Use recipe for creamed chicken if desired.

CLAM PATTIES

Use recipe for creamed clams to fill these patties.

LOBSTER PATTIES

Follow directions for the filling of chicken patties, substituting lobster for chicken.

SWEETBREAD PATTIES

Follow directions for the filling of chicken patties, substituting prepared sweetbreads for chicken.

CHICKEN AND RICE CURRY

1 tablespoon butter or butter substitute	Salt and pepper
1 tablespoon flour	$\frac{2}{3}$ teaspoon curry-powder
1 cup milk	$\frac{3}{4}$ cup chopped cooked chicken
	$\frac{1}{4}$ cup boiled rice

Prepare a white sauce from the fat, flour and milk. Add seasonings, chicken and rice. Serve hot in ramekins.

MINCED CHICKEN WITH MUSHROOMS

2 cups cooked chicken, fresh or canned	1 tablespoon butter or butter substitute
1 cup mushrooms	1 tablespoon flour
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ teaspoon salt	

Chop chicken moderately fine. Cut mushrooms into small pieces, boil them in their own liquor for five minutes, then skim them out and set aside to keep hot. Combine mushroom liquor and milk, make a white sauce with this liquid and the fat rubbed with the flour. Add mushrooms and chopped chicken, and cook three minutes, stirring continually. Add seasonings and serve on toast.

BRAIZED SWEETBREADS À LA PARLOA

3 pairs of sweetbreads	1 cup water
1 teaspoon minced carrot	1 teaspoon beef extract
2 teaspoons minced onion	1 bay-leaf
2 tablespoons butter or butter substitute	1 sprig parsley
1 tablespoon flour	1 teaspoon lemon-juice
	Salt and pepper

Prepare sweetbreads according to directions (see Index) and arrange in deep baking-dish. Cook vegetables in butter or butter substitute for fifteen minutes. Add flour and stir until the mixture becomes frothy. Add the water gradually, stirring all the time. When this liquid boils, stir in the meat extract and seasonings. Cook for five minutes and strain over the sweetbreads. Cover the pan and cook in a moderately hot oven for one hour, basting every fifteen minutes with the gravy in the pan. Arrange the sweetbreads on

Unless otherwise specified, the recipes in this chapter are based on the service of six persons. In cooking for fewer or more, decrease or increase the quantities given.

pieces of toast on a warm dish, and pour brown mushroom sauce around them.

CREAMED SWEETBREADS

- | | |
|---|----------------------|
| 1 pair sweetbreads | 1 cup milk or cream |
| 1 tablespoon butter or
butter substitute | Salt and pepper |
| 1 tablespoon flour | 1 tablespoon parsley |

Prepare the sweetbreads (see Index) and break them into small pieces. Make a white sauce, add the sweetbreads, and as soon as they are heated, season. Serve in pastry shells or on toast.

SWEETBREAD AND OYSTER PIE

- | | |
|---|--------------------------|
| 1 pair sweetbreads | 1 cup cream or milk |
| 2 dozen oysters | 2 egg-yolks, hard cooked |
| 1 tablespoon butter or
butter substitute | Pepper and salt |
| 1 tablespoon flour | Puff or plain pie-paste |

Prepare sweetbreads (see Index). Make a white sauce with fat, flour, cream or milk, and add the egg-yolks, chopped very fine. Add sweetbreads and prepared oysters to the sauce. Season, put in a deep baking-dish, cover with a layer of paste, and bake.

SCOTCH WOODCOCK

- | | |
|--|-----------------------------|
| 2 tablespoons butter or
butter substitute | 5 hard-cooked eggs |
| 1 tablespoon flour | 1 tablespoon anchovy paste |
| 1 cup milk | $\frac{1}{2}$ teaspoon salt |
| | 6 slices of bread |

Prepare a white sauce with fat, flour and milk, add eggs chopped fine, anchovy paste and salt. Have the bread toasted and lay it on a hot dish. Pour the hot mixture over it and serve immediately.

PREPARING PEPPERS FOR STUFFING

Cut off the tops of the peppers or cut them in two lengthwise, and remove the inner fibers and seeds. Drop into boiling water, remove from the fire, let stand ten to twelve minutes, then drain.

PEPPERS WITH MEAT STUFFING

- | | |
|--------------------------|--------------------------------------|
| 6 green peppers | $\frac{1}{2}$ cup bread- or cracker- |
| 1 cup cooked meat, chop- | crums |
| ped fine. | Milk or cream |

Prepare peppers as directed. Mix the meat with the bread or cracker-crums and moisten with a little milk or cream. Be sure that it is rather highly seasoned. (The potted meats that come in cans are excellent for this purpose.) Fill the peppers with the mixture and serve at once or cover with buttered crumbs and brown in the oven.

PEPPERS WITH CHEESE STUFFING

6 green peppers	1 tablespoon melted butter
1 cup crumbs	or butter substitute
1/2 cup chopped cheese	Salt

Prepare peppers as directed. Mix the crumbs with the cheese. Then add the butter or butter substitute and salt to taste. Fill the peppers with the mixture and serve with the meat course.

PEPPERS WITH MACARONI STUFFING

6 green peppers	1 cup thin white sauce
1 cup cooked macaroni	1/2 cup grated cheese

Prepare peppers as directed. Chop macaroni into small pieces and mix with a thin white sauce. Fill the peppers with macaroni, adding to each a spoonful of grated cheese. Bake in an uncovered granite dish with very little water.

SWEETBREADS IN PEPPER CASES

1 cup cooked sweetbreads	1/2 cup brown or white stock
6 peppers	(preferably chicken)
2 tablespoons butter or	2 tablespoons cream
butter substitute	1/2 cup button mushrooms
2 tablespoons flour	Worcestershire sauce
Crums	Salt, pepper and paprika

Prepare the sweetbreads (see Index). Melt fat, add flour, salt and pepper. Mix smooth, add stock and cream. Cook until thick. Stir in the sweetbreads and mushrooms cut into small pieces. Season with Worcestershire sauce and paprika. Prepare peppers and fill with the sweetbread and mushroom mixture, cover with crumbs mixed with a little butter or butter substitute, and bake until nicely browned. Mushroom sauce may be poured around the peppers.

CHICKEN MOUSSE

1/2 chicken breast (raw)	Salt, pepper and paprika
1 cup cooked chicken meat	1/2 cup thick cream
2 egg-whites	1/2 cup thin cream

Put raw chicken through the food-chopper, using the finest knife. Add slightly beaten white of one egg, one-half cup of thin cream, salt, pepper and paprika to taste. Mix thoroughly. Also mix finely chopped cooked chicken meat, slightly beaten white of second egg, and one-half cup of thick cream beaten stiff. Combine the two mixtures and, when well blended, turn into one large mold or several individual ones, set in pan of hot water, cover with oiled paper and bake until firm. The mold may be decorated with truffles, capers or pimientos before the mixture is turned in. Turn out on a platter and surround with Béchamel sauce.

HAM MOUSSE

Follow the directions for chicken mousse, substituting cooked ham for both raw and cooked chicken. Chopped mushrooms are a delicious addition to this dish, and mushrooms may be mixed with the sauce when ready to serve, and also may be used as decorations.

FRESH BEEF TONGUE WITH SAUCE PIQUANTE

1 beef tongue	2 onions
8 strips larding pork	5 sprigs thyme
2 teaspoons chopped parsley	6 cloves
Salt, pepper, nutmeg	6 peppercorns
Stock or water	1 bay-leaf
1 carrot	Flour
	$\frac{1}{2}$ cup chopped pickles

Scrub the tongue carefully with salt water, cover with boiling water, and simmer gently for one hour. Remove the skin. Take strips of larding pork, lard the tongue and lay it in a saucepan. Sprinkle with salt, pepper, a grating of nutmeg and parsley. Add stock or water to cover, sliced carrot and onion, thyme, cloves, peppercorns and bay-leaf. Simmer for four hours. Place the tongue on the serving-dish and strain the juice in the saucepan. Return the juice to the pan and thicken with flour. Add chopped pickles. Pour the sauce over the tongue.

KIDNEY À LA FRANÇAISE

1 beef kidney	Bit of bay-leaf
Flour	Salt and pepper
Butter or butter substitute	$\frac{1}{4}$ inch slice of lemon

Soak a beef kidney in cold water for one hour, changing the water two or three times as it colors; then place on the fire in cold water and gently heat to the boiling-point. Drain off this water and put on fresh cold water for a second heating. Again heat and again change the water.

In the third water gently simmer the kidney for ten minutes. Then remove it from the fire, and when cool enough to handle, cut out most of the center fat and the cords. Slice thin, dip each piece in flour and sauté in butter or butter substitute until brown.

Remove the meat from the pan, add flour to the fat, stir well, and brown thoroughly. Add boiling water to nearly cover, stirring until a smooth sauce is formed. Return the meat to the pan, add bay-leaf, salt, pepper and slice of lemon from which the peel has been removed. Stew gently for one hour with the pan covered, adding more water if it reduces too much. There should be only enough water to form a rich sauce. When ready to serve, remove the bay-leaf, and dish on a heated platter.

KIDNEYS EN BROCHETTE

Split the kidneys, put over the fire in cold water and bring to the boiling-point rapidly. Drain, wipe and slice each half. Arrange these slices on small metal skewers, alternating each with a slice of fat bacon the same size. Broil quickly and serve on toast, leaving the skewer in.

MARROW-BONES

Have the bones cut two to four inches long and scrape them clean. Make a stiff batter of flour and water and spread over each end of each bone. Tie each piece in a wet piece of cloth, lay them in a stew-pan, cover with boiling water and boil one hour; then remove the cloth and paste. Serve very hot.

If four-inch bones are used, small napkins must be pinned around them and long-handled small spoons must be provided with which to take out the marrow. The latter is usually seasoned with cayenne and the bones are served with little squares of buttered toast.

The two-inch bones may be served on small slices of toast, or the marrow may be removed and spread on hot toast. Marrow-bones are often served with broiled tenderloin steak.

DEVILED BONES—No. 1

Drumsticks, wings or back of a cooked chicken or turkey	Cayenne
2 tablespoons melted but- ter or butter substitute	Salt
2 tablespoons oil	2 tablespoons mustard
	$\frac{1}{2}$ teaspoon pepper
	Flour

Score the meat deeply with a knife, rub with melted butter or butter substitute, and cover thickly with a paste made of salad-oil, a little cayenne, salt, mustard, and white pepper. Dredge with flour, broil and serve hot.

DEVEILED BONES—No. 2

Drumsticks, wings, or back of cold fowl	1 cup gravy
Butter or butter substitute	Salt and pepper
1 tablespoon made mustard	1 teaspoon sugar
1 tablespoon chutney	Juice of 1 lemon
1 tablespoon curry-powder	Cayenne
	1 tablespoon catchup

Brush the meat with melted butter or butter substitute. Mix together the mustard, chutney and curry-powder and cover the bones with the mixture, then broil them lightly. Make a sauce of gravy, salt, pepper, sugar, cayenne, lemon-juice and catchup, mix all together over the fire, put the bones in the sauce for five minutes and serve very hot.

BREADED CALVES' BRAINS

Soak two pairs of calves' brains in cold water one-half hour, and then remove the thick membrane covering them and see that they are perfectly white and bloodless. Divide into six portions. Put them into enough boiling water to cover and boil gently fifteen minutes, then take them up and plunge them into cold water. When they are cool, drain and season generously with salt and pepper. Dip in flour, beaten egg also seasoned with salt and pepper, then into fine bread-crumbs; place in a frying-basket and cook in deep fat for two minutes. Serve with rayigote or white sauce.

EGG TIMBALES

In chapter on "Egg Dishes and Omelets" (see Index).

ASPARAGUS TIMBALES

1 bunch asparagus	$\frac{1}{4}$ teaspoon salt
1 cup bread-crumbs	Few grains of cayenne
$\frac{1}{4}$ cup hot milk	1 $\frac{1}{2}$ tablespoon melted butter or butter substitute
2 eggs	$\frac{1}{2}$ tablespoon onion-juice
1 tablespoon parsley	

Cut the tender parts of the asparagus into bits one-half inch long. Wash thoroughly and put into boiling salted water. Boil rapidly for ten minutes and drain thoroughly. In the meantime, cover the bread-crumbs with the hot milk. When the crumbs are soft, add the eggs, and mix well together. Stir in salt, cayenne, melted butter or butter substitute and onion-juice, then stir in asparagus tips, carefully. Grease small timbale molds, sprinkle them with fine minced parsley

and fill two-thirds full. Set in a baking-pan that contains boiling water, but do not allow the water to reach the top of the molds. Cover with a sheet of greased paper and cook in the oven for twenty minutes. Invert on a heated platter, garnish with parsley and serve with a white sauce.

PLAIN BEEF CROQUETTES

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|------------------------|--------------------------|
| 1 cup cooked beef | 1 egg |
| 2 cups mashed potatoes | Egg and crumbs, or flour |

Chop cold roast or corned beef fine and mix with well-seasoned hot mashed potatoes. Beat the egg, work it in with the mass and shape the mixture into little cakes. Roll either in flour, fine crumbs or egg and crumbs and fry in deep fat.

CHEESE CROQUETTES

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|--|--|
| 3 tablespoons butter or
butter substitute | $\frac{1}{2}$ cup grated Parmesan
or Gruyere cheese |
| 3 tablespoons flour | Paprika |
| $\frac{2}{3}$ cup milk | Salt |
| 2 egg-yolks | Egg and crumbs |
| 1 cup cubes fresh mild cheese | |

Make a thick white sauce with the fat, flour and milk. Add the yolks of eggs. Into this sauce stir the grated cheese, and, as soon as it melts, add the cheese cubes. Season with paprika and salt. Pour into a well-greased shallow pan to cool. When perfectly firm cut in any shape desired—circles, squares or strips—dip in fine crumbs, egg and again in crumbs. Fry in deep fat and drain on brown paper.

CHESTNUT CROQUETTES

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|------------------------|-----------------------------|
| 1 cup cooked chestnuts | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons cream | 1 teaspoon lemon-juice |
| 2 egg-yolks | Egg and crumbs |
| 1 teaspoon sugar | |

Mash the chestnuts and moisten with cream, beat in the yolks of eggs, add sugar, salt and lemon-juice. Mix thoroughly, shape in little pyramids or in balls, dip in crumbs, egg and then again in crumbs, and fry in deep fat.

CHICKEN CROQUETTES

- | | |
|--|------------------------------------|
| 2 tablespoons butter or
butter substitute | $\frac{1}{4}$ teaspoon celery salt |
| $\frac{1}{2}$ cup flour | 1 teaspoon lemon-juice |
| 1 cup milk | Few drops onion-juice |
| $1\frac{3}{4}$ cups cooked fowl | 1 teaspoon chopped parsley |
| Salt and pepper | Egg and crumbs |

Make a white sauce with the fat, flour and milk. Add fowl, seasoned with celery salt, lemon-juice, onion-juice, parsley, and salt and pepper. Cool, shape, dip in flour or fine crumbs, egg and crumbs, and fry in deep fat. White meat of fowl absorbs more sauce than dark meat.

EGG CROQUETTES

2 cups chopped eggs, hard-cooked	$\frac{1}{8}$ teaspoon pepper
1 cup thick white sauce	Dash of cayenne
$\frac{1}{2}$ teaspoon salt	Egg and crumbs

Eggs should be chopped fine, moistened with sauce as soft as can be handled, and seasoned. Let chill thoroughly on flat dish, well buttered, then divide evenly into portions, allowing two tablespoons for each croquette. Shape into balls, cylinders, cones, or any desired shape. Roll in crumbs, dip in egg, again in crumbs and fry in deep fat till light brown in color. Drain on soft paper. Serve with a sauce.

HAM CROQUETTES

2 cups mashed potatoes	Cayenne
1 tablespoon butter or butter substitute	1 cup cooked ham
3 egg-yolks	Egg and crumbs

Mix potato, butter or butter substitute, yolks of two eggs and cayenne, beat until smooth, then set to cool. Chop the ham, mix with the other yolk, set on the stove for a moment, then turn out to cool. When thoroughly cool, take a tablespoon of the potato mixture, make a hole in it, put a large teaspoon of the chopped ham inside, close the hole and shape in a ball. Dip in flour, then in egg, roll in crumbs, and fry in deep fat.

LOBSTER CROQUETTES

2 tablespoons butter or butter substitute	2 cups lobster meat
$\frac{1}{3}$ cup flour	1 teaspoon lemon-juice
1 cup milk	$\frac{1}{4}$ teaspoon mustard
	Egg and crumbs

Make a white sauce, using the fat, flour and milk. Add chopped lobster meat, which has been seasoned with lemon-juice and mustard. Cool, shape, dip in flour, egg and crumbs and fry in deep fat. Serve with tomato cream sauce.

MEAT AND POTATO CROQUETTES

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|---|----------------------------|
| 1 slice onion | Salt and pepper |
| 1 tablespoon butter or
butter substitute | 1 cup cooked, chopped meat |
| 1 tablespoon flour | 1 cup mashed potatoes |
| ½ cup milk | Egg and crums |

Cold rice or hominy may be substituted for potato in making these croquettes, and fish may be used instead of meat. Mince the onion and put into the pan with butter or butter substitute. When the onion is yellowed, stir until smooth, then add milk, salt and pepper, and boil, stirring all the time. Stir in the finely chopped meat and add cold or hot mashed potato. Spread on a plate and, when cool enough, form it into little rolls or balls, dip in flour, then into beaten egg, roll in crums, and fry in hot fat until they are a delicate brown.

POTATO CROQUETTES

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|--------------------------------|---------------|
| 4 cups mashed potatoes | Onion-juice |
| 2 tablespoons cream or
milk | Nutmeg |
| Salt and pepper | 2 egg-yolks |
| Chopped parsley | Egg and crums |

To the mashed hot potatoes, add cream or milk, and seasonings. Mix well and beat until light, add the well-beaten yolks of eggs and let stand till cold. Shape into oblong or pear-shaped croquettes, roll in fine bread-crumbs, dip in beaten egg, again roll in crums. Fry at once, until brown, in hot fat.

The croquettes may be made more dainty by rubbing the potato mixture through a sieve before adding the eggs. Short, leafless stalks of parsley thrust into pear-shaped croquettes after the manner of stems will make them very attractive.

HOMINY CROQUETTES

Follow directions for potato croquettes, using cooked hominy, well-seasoned, instead of potato, beating vigorously until the mixture is free from lumps.

RICE CROQUETTES

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|--------------------|-------------------|
| 1 cup boiled rice | Grated lemon-peel |
| ¼ cup milk | 1 egg |
| 1 tablespoon sugar | Egg and crums |
| 1 teaspoon salt | |

Combine rice, milk, sugar, salt, grated lemon-peel and the well-beaten egg, and when cold, shape in ovals, dip in egg, then in bread-crumbs or rolled crackers, and fry a rich brown in deep fat.

SALMON CROQUETTES

1 $\frac{3}{4}$ cup cooked salmon, fresh or canned	1 cup milk
2 tablespoons butter or butter substitute	Salt and pepper
$\frac{1}{3}$ cup flour	Cayenne
	1 teaspoon lemon-juice
	Egg and crumbs

Make a white sauce with the fat, flour and milk. Add salt, a little white pepper, and a few grains of cayenne. To this cream foundation add cold flaked salmon and lemon-juice. Spread on a plate to cool. Shape, dip in fine crumbs, roll in egg and again in crumbs and fry in deep fat.

SHAD-ROE CROQUETTES

2 shad roe	1 tablespoon nutmeg, grated
1 tablespoon salt	Pepper
1 tablespoon butter or butter substitute	1 tablespoon finely chopped parsley
2 tablespoons flour	1 teaspoon lemon-juice
1 cup milk or cream	Egg and crumbs
2 egg-yolks	

Wash the shad roe. Put them on the stove in a saucepan of boiling water; add the salt, cover and simmer slowly a few minutes; then remove the skin and mash them. Make a white sauce with the fat, flour and milk, add egg-yolks, remove from the stove, and add the seasonings. Mix thoroughly and turn into a dish to cool. When cold form into croquettes. Roll in fine crumbs, dip in beaten egg, again in bread-crumbs and fry in deep fat.

SURPRISE CROQUETTES

2 cups mashed potatoes	1 egg-white
4 tablespoons cream	Salt and pepper
1 teaspoon onion-juice	Cooked meat, cheese or vegetable
2 egg-yolks	Crumbs and flour

To the mashed potato add cream or rich milk, onion-juice and salt and pepper to taste. Beat over the fire until smooth and hot. Remove, slightly cool, and add the beaten egg-yolks. Form into cylinders, or cone shapes; make a depression in each, and into this put a teaspoon of creamed chicken, minced highly seasoned meat, grated

cheese, or a vegetable in cream sauce. Press the potato around the filling. Beat the egg-white slightly, dilute with a tablespoon of water, roll the croquettes in flour, egg and then in seasoned bread-crums, and fry in deep fat.

SWEETBREAD CROQUETTES

2 pairs sweetbreads	2 tablespoons butter or butter substitute
$\frac{1}{4}$ cup mushrooms	1 cup milk or cream
1 tablespoon lemon-juice	2 eggs
$\frac{1}{2}$ teaspoon parsley	Egg and crumbs
Salt and pepper	

Prepare sweetbreads (see Index). Separate from membranes, add chopped mushrooms and seasonings. Make a white sauce with the fat, flour and milk or cream, add sweetbread mixture and cook for three minutes. Remove from the fire and add two eggs, well beaten. Beat slowly. Pour this mixture on a platter and set it away to cool. Shape into cylinders, roll in beaten egg, then in bread or cracker-crumbs, and fry in hot fat, using the frying-basket. Serve with Béchamel sauce.

VEAL CROQUETTES

2 tablespoons butter or butter substitute	1 egg
3 tablespoons flour	2 cups minced veal
1 cup milk	$\frac{1}{2}$ cup chopped ham
1 teaspoon onion-juice	$\frac{1}{4}$ cup mushrooms, truffles or sweetbreads
Salt and pepper	Egg and crumbs
Paprika	

Make a white sauce with the fat, flour and milk, and add onion-juice, a little salt, pepper and paprika. Stir in the beaten egg, cook one minute and remove from the fire. Add to this the minced veal, the chopped ham and the chopped mushrooms, sweetbread, or truffles. When the mixture is cold, form into small cylinder or pyramid shapes, dip in flour, egg and crumbs and fry in deep fat.

CHEESE CUTLETS

1 ounce grated Parmesan cheese	Mace
3 egg-yolks	Salt
1 tablespoon cream	Cayenne
	1 tablespoon thick white sauce

To the well-beaten egg-yolks, add cream and grated Parmesan cheese, and season with mace, cayenne and salt. Beat until very

light and add the thick white sauce. Pour into a shallow greased pan and steam over hot water until firm. When cold, cut in shapes with a fancy cutter, dredge with grated cheese and fry in deep fat to a delicate brown. Serve at once on fried bread.

CHICKEN CUTLETS

2 cups cooked chicken	1 tablespoon lemon-juice
4 tablespoons chopped mushrooms	2 tablespoons butter or butter substitute
1 teaspoon salt	1 tablespoon flour
$\frac{1}{2}$ teaspoon pepper	1 cup milk or cream
1 teaspoon parsley	4 eggs
$\frac{1}{2}$ teaspoon onion-juice	

Mix the chicken, mushrooms, salt, pepper, parsley and the onion and lemon-juice. Make a white sauce with the fat, flour and milk or cream. Add the chicken, and cook for three minutes. Stir in two of the eggs beaten until light. Take from the fire immediately, pour into a greased, flat dish and set in a cold place for an hour or so. The colder the mixture becomes, the better it may be handled. Shape into cutlets, either in molds or with a knife, and sprinkle both sides of each cutlet with fine crumbs. Beat the other two eggs in deep plates. Dip the cutlets in the egg, then in crumbs, put them in a frying-basket, not crowding them and cook in deep fat for two minutes. Serve with Béchamel or mushroom sauce.

FISH CUTLETS

2 cups cooked haddock, cod or halibut	$\frac{1}{2}$ cup thick drawn-butter sauce Egg and crumbs
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Mince fish. Season to taste and moisten with drawn-butter sauce. Spread upon a greased platter, and when stiff mold into cutlets. Roll in fine crumbs, then in egg, and in cracker-crums again, leave on the ice until firm, and fry in deep fat.

CRAB OR LOBSTER CUTLETS

To the recipe for lobster croquettes, add the yolk of one egg and one teaspoon of chopped parsley. Cool, shape into cutlets, egg and crum, and fry in deep fat. Crab-meat is used in the same way.

OYSTER CUTLETS

1 pint oysters	1 teaspoon salt
1 tablespoon butter or butter substitute	1 tablespoon parsley
2 tablespoons flour	$1\frac{1}{2}$ tablespoon lemon-juice
1 egg-yolk	Egg and crumbs

Clean the oysters (see Index). Heat in their own liquor until the edges begin to curl, stirring all the time. Strain the liquor and chop the oysters. Rub together butter or butter substitute and flour. Add the oyster liquor and cook until thick. Then add the chopped oysters and the well-beaten egg-yolk. After taking from the fire, add salt, minced parsley and the lemon-juice. When stiff, mold into desired shape. Dip in crumbs, beaten egg and crumbs again, then fry in deep fat. Serve with horseradish sauce.

SALMON CUTLETS

1 cup hot mashed potatoes	Salt and pepper
1 cup flaked salmon	1 teaspoon lemon-juice
Egg and crumbs	

Add potato to salmon. Season with salt, pepper and lemon-juice. Shape into cutlets, egg and crum and fry in deep fat.

RICE FAN-TAN

½ cup rice	1 egg
2 cups milk	½ cup candied fruits
½ teaspoon salt	Egg and crumbs
2 tablespoons sugar	Powdered sugar

Cook rice in milk until very soft. Stir in salt, sugar and well-beaten egg, and remove at once from the fire. Mix in assorted candied fruits—cherries, apricots and pineapple—and turn into a shallow, well-oiled pan to cool. When firm, cut into strips about one and one-half inches wide and three inches long, dip in egg and bread-crumbs and brown delicately on both sides in butter or butter substitute. Drain, dust with powdered sugar and serve hot.

CHESTNUT ROULETTES

1 cup chestnut pulp	1 tablespoon cider
2 eggs	Salt
2 tablespoons cream	Egg and crumbs
1 tablespoon sugar	

To the cooked chestnut pulp, add slightly beaten yolks of eggs, cream, sugar, cider and a little salt. When the mixture is cold, fold in the stiffly-beaten whites of the eggs. Mold into small balls, dip in beaten egg and then in crumbs, and fry in deep fat.

FRITTER BATTER

1½ cup flour	1 egg
¼ teaspoon salt	⅔ cup milk
2 teaspoons baking-powder	2 tablespoons powdered sugar (for sweet fritters only)

Sift dry ingredients, add egg, well beaten, and milk. The batter should be thick enough to completely coat the article it is intended to cover. If too thin, add more flour. If too thick, add more liquid.

APPLE FRITTERS

1 cup milk	2 cups flour
2 eggs	1 tablespoon baking-powder
1 teaspoon sugar	Apples
Salt	

To the milk add the well-beaten egg-yolks and the sugar, then the flour mixed and sifted with the baking-powder and the salt. Then fold in the stiffly beaten whites. Add sliced sour apples, being careful to get the batter all over them. Drop by spoonfuls into deep fat and fry.

BANANA FRITTERS

6 bananas	3 tablespoons orange-juice
2 tablespoons sugar	Fritter batter

Peel bananas, cut each in two and split each half. Place the pieces in a bowl with sugar and orange-juice and let them stand for one hour. Drain the fruit, dip in batter and fry in deep fat.

CORN FRITTERS

2 cups corn, fresh or canned	1 teaspoon melted butter or butter substitute
1 teaspoon salt	$\frac{1}{2}$ cup milk
$\frac{1}{8}$ teaspoon pepper	2 cups flour
1 egg	1 teaspoon baking-powder

Chop the corn very fine and add salt, pepper, well-beaten egg, butter or butter substitute, milk, flour and baking-powder. Fry in deep fat.

CLAM FRITTERS

24 soft clams	1 cup milk
2 cups flour	$\frac{1}{2}$ cup clam liquor
1 teaspoon baking-powder	2 eggs
$\frac{1}{2}$ teaspoon salt	Salt and pepper

Make a batter of flour, baking-powder, salt, milk, clam liquor and well-beaten eggs. Chop two dozen soft clams, season with salt and pepper, add to the batter and drop by tablespoonfuls into deep fat.

FRENCH FRITTERS

2 tablespoons corn-starch	$\frac{1}{8}$ teaspoon soda
2 cups milk	3 eggs
1 tablespoon butter or butter substitute	1 teaspoon vanilla Fritter batter

Stir up corn-starch and soda in a little cold milk. Heat the rest of the milk in a double boiler and when hot add the corn-starch mixture. Stir until thick. Remove from fire. Add butter or butter substitute, beaten eggs and vanilla. Pour into a pan and set aside to cool. Cut the mixture into small triangles, dip in batter, and fry in deep fat. Sprinkle with powdered sugar.

OYSTER FRITTERS

1 $\frac{1}{2}$ cup oysters	2 cups flour
2 eggs	1 teaspoon baking-powder
1 cup milk	$\frac{1}{2}$ teaspoon salt

Chop the oysters. Make a batter of the eggs, milk, flour, baking-powder and salt. Stir the oysters into the batter and drop by spoonfuls into deep hot fat. Turn the fritters over so that they may brown nicely on both sides.

PEACH FRITTERS

Peaches	Fritter batter	Powdered sugar
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Peel the peaches, split them in two, remove the stones, sprinkle powdered sugar over them, dip each piece in fritter batter and fry in deep fat.

PARSNIP FRITTERS

3 parsnips	1 cup milk
2 eggs	1 teaspoon salt
1 tablespoon butter or butter substitute	3 tablespoons flour

Boil the parsnips until tender, grate fine or mash them well and pick out all the fibrous parts. Beat the eggs until light, and stir them into the parsnips, beating hard. Add the butter or butter substitute, the milk, salt and flour. Drop by spoonfuls into deep fat and fry until brown.

RASPBERRY FRITTERS

3 eggs	1 teaspoon baking-powder
$\frac{1}{2}$ cup water	1 teaspoon salt
1 cup flour	2 cups raspberries

Add beaten egg-yolks and water to flour sifted with baking-powder and salt. Beat raspberries with egg-beater. Beat egg-whites to a stiff froth, fold into batter, then fold in the fruit. Drop by spoonfuls into deep fat. When golden brown, drain and dredge with powdered sugar.

ASPIC JELLY

2 pounds beef	Salt and pepper
$\frac{1}{2}$ pound ham or bacon	6 egg-shells
Sweet herbs	2 tablespoons lemon-juice

Put the beef in the pot and, if desired, veal or beef bones also, though they require longer boiling to dissolve the gelatin. Add the ham or bacon and all the sweet herbs, such as thyme, basil, parsley and marjoram, and salt and pepper to taste. Boil for three or four hours. When sufficiently boiled, strain and put away to cool. When cold, take off all the fat and sediment. Throw into it the freshly broken shells of the eggs, and the lemon-juice, place again on the fire, boil for a few minutes and strain through a jelly-bag.

This is used for molding cold meat.

MINCED HAM IN CIDER CUPS

1 cup boiled ham	$\frac{1}{2}$ package or two tablespoons gelatin
3 hard-cooked eggs	$\frac{1}{2}$ cup cold water
$\frac{1}{2}$ teaspoon salt	2 cups cider
Pepper	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ teaspoon cayenne pepper	1 cup whipped cream
3 tablespoons lemon-juice	
$\frac{1}{2}$ cup celery	

Soak gelatin in cold water, and pour over it boiling cider to which the sugar and lemon have been added. Strain into border molds. When firm, remove from the molds and fill with the mixture made of the other ingredients and serve immediately.

BRAIZED TONGUE WITH ASPIC JELLY

1 beef tongue	1 blade of mace
2 onions	1 bunch thyme
1 stalk celery	1 bunch parsley
4 cloves	1 box gelatin
Salt and pepper	1 cup cold water
1 teaspoon sugar	

Wash and scrub the tongue well in salt water and boil it until tender. Remove the skin, and place the tongue in a stewpan with

onion, celery, cloves, and salt and pepper. Cover it with the liquor in which it was boiled and add sugar, mace, thyme and parsley. Simmer gently for two hours. Take out the tongue. Add gelatin, soaked in the cold water, to the liquor, boil for two minutes, stirring constantly, strain and pour over the tongue. Serve cold.

CHAUD FROID OF EGGS

6 hard-cooked eggs	Salt and pepper
2 tablespoons butter or butter substitute	Paprika
Chaud-froid sauce	2 tablespoons chopped olives or pickles

Cook eggs hard and cut in halves lengthwise. Remove yolks and mash to a paste with a little melted butter or butter substitute, pepper, salt, paprika and chopped olives or pickles. Refill whites and mask with chaud-froid sauce. Garnish each with a star cut from a truffle or from a green or red pepper. Let stand in a cold place till firm. These may be served at luncheon or supper.

IMITATION PÂTÉ DE FOIE GRAS

$\frac{1}{2}$ cup chicken livers	Salt and pepper
2 tablespoons chicken fat	Mustard or celery salt
$\frac{1}{4}$ onion, chopped	

Carefully clean, cook and chop chicken livers and mash them to a paste with a wooden spoon. Chop the onion fine and fry in the chicken fat till yellowed. Place the livers, the fat and the onion in a cup, mix well and season with pepper and salt, and either mustard or celery salt, according to taste. Place at once on ice. This preparation makes excellent sandwiches, and may also be attractively served on toast.

MEAT SUBSTITUTES

Meat substitutes make agreeable variations in the diet, and frequently reduce the food bill. They are welcome in any household where the program of using meat only once a day is being followed.

To be a meat substitute, a dish should supply the same body needs as meat as far as possible, and give to the consumer as nearly as possible the same satisfaction that meat gives. Meat is used largely for four reasons: (1) because it furnishes a first-grade muscle-building material or adequate protein; (2) because it furnishes iron; (3) because it stimulates the appetite by its extractives; (4) because it provides something to chew.

It is seldom possible to have all these attributes in one meat substitute. To balance this, however, many meat substitutes compensate by furnishing nutritive values not present in meat. Dishes containing a large percentage of milk, eggs or cheese may be considered valuable not only as meat substitutes but because of their special individual virtues. If a meat substitute contains a large proportion of dried legumes, nuts or gelatin, it would be a true meat substitute only if some egg, cheese or milk were present. This is because the protein in legumes, nuts and gelatin does not contain substances adequate to maintain both life and growth. Legumes are good foods, however, and if used with other foods which do contain high-grade protein, such as milk, eggs or cheese, they make good substitutes for meat. In a meatless meal, the substitute need not appear in the first or second courses, but may even be found in the dessert; for example, in a custard. Custards are certainly not "chewy." They can substitute for meat only on a basis of food values. Some other foods must give the desired texture to the meal.

People not accustomed to meatless menus may experience an unsatisfied feeling at the end of a meal. This is largely due to the fact that meat is a highly flavored food. The housewife will do well, therefore, to offer some well-seasoned dish either as the substitute or as an accompaniment.

Recipes for meat-substitute dishes are given also in the chapters on "Egg Dishes and Omelets," "Cheese Dishes," "Soups" (note the cream soups) and "Entrées."

CHESTNUT CROQUETTES

2 cups hot mashed chestnuts	2 eggs
4 tablespoons butter or butter substitute	Few drops onion-juice or 2 tablespoons finely chopped onion
Salt and pepper	Egg and crumbs

Mix the chestnuts, butter, slightly beaten eggs and seasonings. Shape into croquettes. Roll in crumbs, beaten egg and crumbs. Fry in deep hot fat until crumbs are brown.

This offers as a meat substitute an adequate protein, iron and a comparatively highly seasoned dish. The croquettes may be served with brown sauce or tomato sauce.

PEANUT BALLS

1 tablespoon butter or butter substitute	2 cups cooked rice
2 tablespoons flour	$\frac{1}{4}$ cup ground peanuts
$\frac{1}{2}$ cup milk	1 egg
$\frac{1}{2}$ teaspoon salt	Pepper

Make white sauce from fat, flour, milk and seasoning. Mix rice, peanuts, white sauce and beaten egg, and shape into small balls. Sauté until brown in a well-oiled iron frying-pan.

This dish is low in both iron and protein, therefore milk, eggs or cheese should appear elsewhere in the menu. These croquettes are good served with cheese sauce.

PEANUT SCRAPPLE

1 cup hot milk	1 $\frac{1}{4}$ teaspoon salt
1 quart boiling water	$\frac{1}{8}$ teaspoon paprika
1 cup yellow corn-meal	1 $\frac{1}{2}$ cup chopped peanuts
$\frac{3}{4}$ cup hominy grits	$\frac{1}{4}$ to 1 cup grated cheese

Combine hot milk and boiling water, bring to boiling-point and add corn-meal, hominy grits and seasoning. Stir constantly until the liquid is thickened by the cereal. Place in a double boiler and cook one hour. Ten minutes before taking up, add the peanuts and cheese.

Place in a deep rectangular bread-pan and allow it to cool. When ready to use, cut in small slices (roll in egg and crum, if desired) and fry in deep fat until brown, or place in a well-oiled baking-pan, sprinkle with grated cheese mixed with bread-crumbs and bake until brown.

This makes an excellent meat substitute.

PEANUT-BUTTER CUTLETS

1 $\frac{1}{2}$ cup peanut butter	1 teaspoon salt
1 $\frac{1}{2}$ cup hot milk	Pepper
6 half-inch slices of bread	

Unless otherwise specified, the recipes in this chapter are based on the service of six persons. In cooking for fewer or more, decrease or increase the quantities given.

Mix peanut butter with hot milk and seasoning, mixing together thoroughly. Dip slices of bread into the peanut-butter mixture. Sauté in hot fat. Garnish with pickles and olives.

This dish offers both adequate protein and iron as a meat substitute.

BAKED PEANUTS

4 cups shelled raw peanuts 4 tablespoons olive oil

Cover peanuts with cold water and soak over night. In the morning, place them over the fire and boil ten minutes. Remove from water and dry. Add olive oil and mix well. Place the mixture in a well-oiled baking-dish and bake until thoroughly cooked and well browned.

If extra seasoning is desired, a small quantity of catchup, salt, molasses and mustard may be added during the baking, as for baked beans.

PEANUT SOUFFLÉ

1 tablespoon butter or butter substitute	1½ teaspoon salt
6 tablespoons flour	Few drops lemon-juice
¾ cup peanut butter	1½ cup scalded milk
	4 eggs

Melt the shortening and add the flour, peanut butter and seasoning. Cook for three minutes, stirring constantly. Add scalded milk, and continue cooking until the mixture reaches the boiling-point. Remove from the fire, pour the hot mixture over the well-beaten egg-yolks, mixing them in well. Cool, and fold in the egg-whites that have been beaten until stiff and dry. When the ingredients are thoroughly combined, place in a baking-dish, set in a pan of water in a moderate oven, and bake thirty minutes. Serve immediately.

This dish is a good meat substitute but, because of its texture, should have something crisp or solid served with it.

MOCK SAUSAGE

1 cup dried Lima beans or 3 cups cooked beans of any kind	3 eggs
¾ cup bread-crumbs	2 tablespoons butter
	½ teaspoon sage
	Salt and pepper

Pick over and wash beans, cover with water and let soak over night. Drain, cook in boiling salted water until tender, then force through a strainer. Add remaining ingredients, shape into the form of sausages, roll in crumbs, egg, and crumbs again. Sauté until brown. Serve with tomato sauce.

This recipe makes six to eight sausages, three inches long and three-fourths of an inch thick. It should be accompanied by some milk, egg or cheese dish.

PEANUT CHOPS.

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|------------------------------------|--------------------------------|
| 6 to 10 half-inch slices rye bread | 2 eggs |
| 1 cup peanut butter | $\frac{1}{2}$ teaspoon salt |
| $\frac{3}{4}$ cup top milk | $\frac{1}{8}$ teaspoon paprika |
| | Cracker-crumbs |

Cut crust from bread and divide in lengthwise strips. Spread peanut butter on both sides of each strip. Add milk and seasoning to the eggs and beat thoroughly. Dip strips of bread into the mixture, remove and dip into sifted cracker-crumbs. Put in a well-oiled bread-pan and bake in a hot oven until golden brown.

This is a good meat substitute.

BAKED COW PEAS

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| 2 cups cooked or 1 cup dry cow peas | 1 chopped onion |
| 2 cups boiled rice | $\frac{1}{2}$ cup bread-crumbs |
| 2 cups stewed tomatoes | Salt and pepper |

Put the cooked peas, rice, tomatoes and onion in layers in a greased baking-dish. Season well, cover with bread-crumbs and bake until brown. Split peas may be used instead of cow peas. Serve with brown sauce.

This needs eggs, milk or cheese to accompany it. It offers an excellent substitute from the standpoint of flavor.

BEAN ROAST

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| 1 cup well-roasted shelled peanuts | $\frac{1}{4}$ cup milk |
| 2 cups well-seasoned mashed potatoes | 1 egg |
| 2 cups cooked Lima beans, fresh or canned | 1 teaspoon salt |
| | $\frac{1}{8}$ teaspoon paprika |
| | 1 teaspoon onion-juice |

Grind the peanuts, using the finest blade of the food-chopper. In a well-oiled baking-dish place a layer of potatoes, a layer of beans and a layer of peanuts. Continue making layers until all the ingredients are used. Blend milk with well-beaten egg and seasoning and pour over the top. Bake in a moderate oven until brown. Serve with brown sauce or tomato sauce.

VEGETABLE LUNCHEON

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| 1 pound kidney beans | 2 cups cooked tomatoes, fresh or canned |
| 1 cup diced carrot | $\frac{1}{2}$ cup rice |
| 1 green pepper | $\frac{1}{2}$ dozen large mushrooms |
| 1 large onion | |

Soak the beans in cold water overnight. Drain and cook in boiling water slowly for about four hours. A ham-bone or a piece of bacon cooked with them adds to the flavor. Drain, and add chopped carrots, pepper, thinly sliced onion and tomatoes. Simmer until tender. Boil rice separately in salted water, drain and add to the vegetables. (The rice water should be saved to use in soups or gravies.) Garnish with sautéed green peppers and mushrooms.

Serve with some milk, egg or cheese dish. Excellent substitute for flavor and iron.

CELERY, NUT AND POTATO LOAF

2 large stalks celery	1 egg
$\frac{3}{4}$ cup chopped nuts	1 teaspoon salt
3 cups mashed potatoes	$\frac{1}{8}$ teaspoon paprika
3 tablespoons fat	2 teaspoons grated onion

Wash, cut in small pieces and cook the celery in a small amount of boiling salted water until it is tender. Drain off liquid. (This may be used for soup stock later.) Then add the other ingredients in the order in which they are given. Combine them carefully, pack in a loaf in a well-oiled bread-pan, and bake in a moderate oven for thirty-five minutes. Serve with tomato sauce.

An adequate protein is needed as accompaniment to this dish.

CARROT LOAF

2 cups ground carrot	2 cups strained tomatoes
2 cups bread-crumbs	1 teaspoon salt
$\frac{2}{3}$ cup chopped nuts	$\frac{1}{8}$ teaspoon pepper
3 eggs	2 teaspoons minced onion

Mix the ingredients in the order given. Shape the mixture into a loaf and put into a well-oiled baking-pan. Steam the loaf for one hour and then brown it in the oven. Serve with cream sauce.

This is a good meat substitute.

PEANUT AND CARROT LOAF

1 cup chopped carrots	1 $\frac{1}{2}$ tablespoon butter or butter substitute
1 cup coarse ground peanuts	4 eggs, slightly beaten
1 cup strained tomatoes	1 teaspoon chopped parsley
1 cup crumbs	Salt

Chop separately the carrots and peanuts, or put them through the food-chopper, using the coarse knife. Add the other ingredients and

form in a loaf. Place in a well-oiled pan and bake one hour and fifteen minutes in a moderate oven.

This makes a good meat substitute.

NUT LOAF

2 cups soft bread-crumbs	2 eggs
1 cup milk	1 teaspoon salt
2 cups chopped nut-meats	1 teaspoon paprika

Soak bread-crumbs in milk, add nuts, slightly beaten eggs and seasonings. Turn into greased bread-pan, set in pan of water and bake forty minutes. Serve with tomato sauce. The loaf may be steamed instead of baked.

This serves as a good meat substitute.

PEANUT ROAST

1 tablespoon chopped onion	1 egg
1 tablespoon chopped celery	1 cup bread-crumbs
2 tablespoons fat	1 cup green pea pulp, fresh or canned
½ cup hot water	Juice of half a lemon
1½ cup chopped peanuts	1 teaspoon salt
	Dash of pepper

Cook onion and celery in butter or butter substitute until golden brown. Add hot water and simmer until vegetables are tender. Mix other ingredients, adding the egg last. Combine the mixture with the celery mixture. Pack into well-oiled baking-dish and bake until golden brown. Serve with cream sauce.

BAKED BEAN ROAST

2 tablespoons finely chopped peppers	2 eggs, slightly beaten
2 tablespoons chopped onion	2 cups crumbs
4 tablespoons fat	1 cup tomatoes
4 cups mashed baked beans	Salt and pepper
	½ teaspoon paprika

Cook pepper and onion in fat. Add other ingredients in the order given. Bake in greased baking-dish for thirty minutes. Serve with brown sauce or tomato sauce.

Some other adequate protein dish should be added to this meal.

BOSTON ROAST

1½ cup dry kidney beans	2 tablespoons chopped onion
3 tablespoons salt	1 cup bread-crumbs
1 to 2 cups grated cheese	½ cup milk

Soak beans twenty-four hours. Cook until soft in water in which the salt has been dissolved. Drain, chop, add onion, cheese, crumbs, more salt if needed, and enough milk to moisten. Form into a loaf. Bake in a moderate oven for forty minutes. Baste occasionally with hot water and fat.

This is a good meat substitute.

LIMA-BEAN LOAF

2 cups Lima beans	1 tablespoon poultry seasoning
1 cup dry bread-crumbs	2 tablespoons grated onion
4 tablespoons peanut butter	1 tablespoon bacon fat
½ teaspoon pepper	1 cup milk (more, if needed)

Wash and soak the beans overnight, then cook in boiling water until soft (about forty-five minutes). Drain, cool, then chop coarsely. Add crumbs mixed with peanut butter and seasoning, then fat, and milk to moisten. Put in a greased bread-pan and bake in a moderate oven thirty minutes. Serve with brown sauce, cream sauce or tomato sauce.

This is a good meat substitute.

COTTAGE-CHEESE AND PEANUT LOAF

½ cup peanuts	1 tablespoon fat
1 cup cottage cheese	½ teaspoon salt
1 cup cold, cooked rolled oats	Dash of pepper
1 cup milk	1 teaspoon poultry seasoning
1 egg, slightly beaten	Few drops Worcestershire sauce
	1 tablespoon chopped onion

Chop peanuts and add to other ingredients in order given. When thoroughly combined, place in a well-oiled bread-tin. Bake in a moderate oven until brown. Serve hot with tomato sauce.

This dish offers an excellent meat substitute.

NUT AND CHEESE LOAF

1 tablespoon chopped onion	1 teaspoon salt
1 tablespoon fat	1 teaspoon sugar
1 cup grated cheese	¼ teaspoon paprika
1 cup chopped nuts	1½ tablespoon lemon-juice
½ cup milk	½ teaspoon Worcestershire sauce
1 cup cooked cereal	Buttered crumbs

Cook onion in fat until delicately brown. Mix with all the other ingredients and moisten with milk. Cover with buttered crums and brown in oven. Serve hot with tomato sauce.

This is a good meat substitute. Serve with some crispy food, as celery.

CHEESE-MACARONI LOAF

$\frac{3}{4}$ cup macaroni	$\frac{1}{2}$ cup grated cheese
1 teaspoon parsley	$1\frac{1}{2}$ cup milk
2 teaspoons chopped onion	1 egg
1 tablespoon green pepper	1 teaspoon salt
1 tablespoon fat	$\frac{1}{2}$ cup buttered crums

Cook macaroni in boiling salted water twenty-five minutes. Sauté the parsley, onion and pepper in the fat until tender. Drain water from macaroni. Place a layer of this in a buttered baking-dish, then a layer of peppers, onions and cheese. Repeat until dish is full. Pour over it the milk mixed with the egg. Cover with buttered crums, and brown in a moderate oven. Serve with tomato sauce.

This is a good meat substitute.

PEA TIMBALES

$1\frac{1}{2}$ cup pea pulp	3 eggs, well beaten
2 tablespoons melted butter	Salt and pepper

Blend the ingredients well together, pour in greased molds and bake in a pan of hot water. Serve with white sauce.

This makes a good meat substitute.

EGG DISHES

To test an egg for freshness, place it in a glass of water. If the egg falls to the bottom of the glass and lies on its side, it is a fresh egg; if the large end rises slightly, the egg is somewhat stale; if it stands on end or floats, it is very stale. The shell of a fresh egg has a bloom; that of a stale egg is usually shiny. If the contents of an egg rattle when it is shaken, it is not fresh. Eggs that are to be preserved in water-glass should be candled.

COOKING EGGS IN THE SHELL

The following general rules for cooking eggs in the shell are useful:

For hard-cooked eggs only—Place the eggs in a saucepan of cold water and heat slowly until the boiling-point is reached. Set the container on the back of the stove or reduce the heat so that the water will not boil again and let stand twenty to thirty minutes before removing the eggs.

Another method of regulating the temperature is to cook them in the double boiler.

For soft-cooked eggs only—Use one pint water for each egg up to six eggs, one-half pint for each additional egg, and have the water deep enough to cover the eggs. Bring the water to the boiling-point in a vessel that can be covered closely. Put the eggs in at once, cover closely, set off the fire and let stand in a warm place for four to six minutes, depending on consistency desired. In this way, the eggs will be cooked equally well in every part.

POACHED OR DROPPED EGGS

Heat salted water to the boiling-point in a frying-pan or other shallow pan. Break an egg into a saucer, then slip it gently into the water, so as to keep its shape. Repeat until all the eggs are in. Remove the pan from the fire, cover and keep hot until the eggs are set to the desired degree. If the yolk is not entirely covered, dip the water over it carefully until it is coated with white. Remove with a skimmer or perforated ladle and slip on to a thin piece of buttered toast.

Buttered muffin rings may be placed in the water and each egg slipped into a muffin ring for cooking, or an egg-poacher may be used.

Another method of poaching eggs is to separate the yolk and white. Beat the white until stiff and put it in a glass ramekin. Drop the yolk in the center of the beaten white. Set the ramekin in hot water until the egg sets. Garnish with a bit of butter and sprinkle with salt and pepper. Serve in the ramekin.

Poached eggs are often placed in clear soup, one egg being prepared for each person to be served. They are served also on thin slices of boiled ham, on mounds of corned-beef hash or on Welsh rabbit.

EGG TOAST

6 slices toast	6 eggs
Butter or butter substitute	Salt and pepper

Moisten the edges of the toast with hot water and spread it with butter or butter substitute. Separate the yolks and whites of the eggs. Poach the yolks in salted water until soft cooked, and place one on each slice of toast, being careful not to break it. Beat the whites until very stiff, spread in circles around the yolks, season with salt and pepper, and brown in the oven. Serve hot.

FRIED EGGS

Heat cooking oil or drippings in a frying-pan until moderately hot, then slip in the eggs. Cook as many eggs at one time as will fill the pan without touching one another. Baste with some of the fat, to cook the yolk. Cook slowly, for if the fat becomes very hot the eggs will be tough and hard to digest. If the temperature of the fat is kept down, the egg may be made as delicate as if poached in water.

Eggs may be fried very successfully by covering the pan as soon as the eggs have been added, and then placing it in the oven or over a very slow fire, so that the eggs will cook very slowly.

EGGS IN BROWN BUTTER

6 eggs	Salt and pepper
3 tablespoons butter or butter substitute	1 teaspoon vinegar

Sauté the eggs in one tablespoon butter or butter substitute until set, season with salt and pepper, and place on a platter. Brown two tablespoons butter or butter substitute in the pan, add one teaspoon vinegar, and when hot, pour over the eggs.

BAKED EGGS, OR "EGGS SUR LE PLAT"

Use individual baking-dishes and melt one teaspoon of butter or butter substitute in each dish. Break the eggs into the dishes, allowing one or two eggs to a dish. Sprinkle with salt and pepper, and

Unless otherwise specified, the recipes in this chapter are based on the service of six persons. In cooking for fewer or more, decrease or increase the quantities given.

place a tiny piece of butter or butter substitute on each. Bake in a moderate oven until the eggs are set but not hard. Serve in the baking-dishes.

SHIRRED EGGS

6 eggs	Butter or butter substitute
Salt and pepper	Buttered crums

Use small ramekins or egg-shirrer. Grease each dish with butter or butter substitute, put in a layer of buttered crums, break an egg into each dish, season with salt and pepper and cover with buttered crums. Bake in a moderate oven until the eggs are set and the crums brown. Serve in the ramekins.

BAKED EGGS IN TOMATO SAUCE

12 tablespoons thick to- mato sauce	6 tablespoons grated cheese
6 poached eggs	Salt and pepper

Grease small ramekins and place two tablespoons tomato sauce in each. Lay a poached egg in each dish, cover with grated cheese, season with salt and pepper, and bake in a quick oven (two or three minutes) to brown the cheese. The oven must be very hot, as the cheese should be nicely colored while the eggs are still soft and creamy.

EGGS IN BACON RINGS

6 long slices of bacon	Salt and pepper
6 eggs	Garnish of parsley

Curl slices of bacon around the inside of muffin-cups or small ramekins. Break an egg inside each bacon-ring, season with salt and pepper and bake until set, but not hard. Remove carefully from the dish so that the egg will remain fastened to the bacon. Arrange on a platter and garnish with parsley.

BAKED EGGS WITH BACON

12 thin slices of bacon	6 eggs	Salt and pepper
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Fry the bacon very crisp, but not hard, then arrange the slices in groups of two on a large plate or in individual baking-dishes. Break one egg over each two slices of bacon, season with salt and pepper and bake slowly until set, but not hard.

EGGS À LA SUISSE

6 eggs	1 cup cream
2 tablespoons butter or butter substitute	Salt
1/2 to 1 cup grated cheese	Cayenne

Spread the bottom of a baking-dish with butter or butter substitute. Sprinkle a layer of grated cheese over it and break the eggs on the cheese, being careful not to break the yolks. Pour a little cream over the eggs, then more grated cheese. Season with salt and cayenne, and bake in a moderate oven, until the eggs are set, but not hard. Serve in the baking-dish.

BAKED EGGS ESPAGNOLE

6 eggs	4 tablespoons butter or butter substitute
3 tablespoons chopped onion	1/4 cup bread-crumbs
3 tablespoons chopped green pepper	1/2 cup grated cheese

Fry onion and pepper in the fat until slightly brown, then pour into a baking-dish. Break the eggs into the dish, being careful not to break the yolks. Mix the crumbs with the cheese and sprinkle over the eggs. Bake in a moderate oven until the eggs are set, but not hard. Serve in the dish in which they were baked.

PLANKED EGGS

1 cup finely chopped cooked ham or corned beef	6 poached eggs
1 cup crumbs	Garnish of tomato slices
Cream	Green-pepper rings
	1 quart mashed potato

Mix the meat with the crumbs and enough cream to make a paste. Spread the mixture on a heated plank of suitable size. Around the edge of the plank make a narrow border of mashed potato and inside the border make six nests of the potato. Slip a poached egg into each nest and set in the oven until the potato turns a delicate brown. Garnish with alternate slices of tomato and green-pepper rings.

BATTERED OR SCRAMBLED EGGS

In a frying-pan, place one tablespoon of butter or butter substitute for each egg to be used. Beat the eggs until the white and yolks are well mixed. Season with salt and pepper and add one to three tablespoons of milk or cream for each egg. Pour into the hot fat and cook

slowly, stirring constantly until the eggs are of the desired consistency. Serve at once. A little onion-juice or chopped parsley may be added to the eggs, if desired. Eggs cooked in this way in the top of a double boiler will be more creamy than those cooked in a frying-pan.

SCRAMBLED EGGS WITH GREEN PEPPERS

8 eggs	2 sweet peppers
3 tablespoons cream	3 tablespoons butter or
Salt and pepper	butter substitute

Beat the eggs slightly, adding the cream, salt and pepper. Heat the butter or butter substitute, and when hot add the eggs. As the eggs begin to cook, add the chopped pepper, from which the seeds have been removed. Cook slowly, stirring constantly, until the mass is creamy. Serve with toast points.

One-fourth cup of chopped canned pimientos may be substituted for the pepper. It is often desirable to soften fresh peppers by placing in hot water for five minutes before using them in this way.

EGGS IN TOMATOES

1 small onion	$\frac{1}{4}$ teaspoon pepper
2 cups tomato	6 eggs
1 teaspoon salt	Toast

Cut the onion into small pieces and place with the tomato in a shallow pan. Stew very slowly for ten minutes. Add salt and pepper, then reduce the heat until the tomato stops bubbling. Break the eggs and slip them on top of the tomato, being careful not to break the yolks. Cook slowly until the whites of the eggs are set, then prick the yolks and let them mingle with the tomato and the whites. The mixture should be quite soft, but the red tomatoes should be quite distinct. Serve at once on buttered toast.

SPANISH EGGS

1 slice onion	6 eggs
1 tomato	1 teaspoon salt
1 tablespoon butter or	$\frac{1}{4}$ teaspoon pepper
butter substitute	

Rub the onion over the inside of a frying-pan. Pare the tomato and cut it into small pieces. Melt the butter or butter substitute in the frying-pan, add the tomato and cook for five minutes, stirring it now and then. Beat the eggs well and add to the tomato, then add salt and pepper and cook slowly, stirring constantly, until the eggs thicken like scrambled eggs. Pour into a hot dish and serve at once.

CUBAN EGGS

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|--------------------------------|-----------------------------|
| 6 eggs | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup sausage meat | Pepper |
| 1 teaspoon chopped onion | |

Cook the meat and onion together for five minutes. Beat the eggs until light, add the seasonings, and pour into the pan with the meat. Cook slowly, stirring constantly, until the eggs are thick and creamy. Serve with buttered toast or poured over slices of toast.

EGGS À LA CARACAS

- | | |
|---|-----------------|
| 1 tablespoon butter or
butter substitute | 1 cup tomatoes |
| $\frac{1}{4}$ pound dried beef | Salt and pepper |
| 1 tablespoon grated cheese | 4 eggs |
| | Onion-juice |

Melt the butter or butter substitute in a frying-pan and, when hot, add the dried beef and cheese. Toss lightly until the beef is slightly frizzled, add the tomatoes, the seasonings, and the eggs beaten until light. Stir and cook gently until of a creamy consistency.

EGGS WITH CODFISH

- | | |
|--|--|
| 1 cup salt codfish | 2 eggs |
| 4 tablespoons butter or
butter substitute | Chopped parsley |
| 2 tablespoons flour | 3 eggs hard-cooked (may be
omitted) |
| 2 cups milk | |

Cover the fish with cold water and soak overnight. Drain, flake, and sauté with butter or butter substitute for a few minutes, sprinkle with the flour, add the milk, and cook until smooth. Stir in the eggs, slightly beaten, and cook three minutes more. Serve on a platter garnished with the hard-cooked eggs cut in quarters, and chopped parsley.

Two additional tablespoons of flour may be substituted for the uncooked eggs, if desired.

PLAIN PUFFY OMELET

- | | |
|-------------------------|-----------------------------|
| 4 eggs | Salt and pepper |
| 4 tablespoons hot water | Butter or butter substitute |

Beat the egg-whites until stiff. Beat the yolks until thick and lemon-colored, beat into them the hot water and add salt and pepper. Cut and fold together the yolks and stiffly beaten whites. Melt

enough butter or butter substitute in an omelet-pan to grease the bottom and sides of the pan. Turn the egg mixture into the pan and cook over a slow fire until it is puffy and a light brown underneath, then place in the oven until the top is dry. Touch the top of the omelet lightly with the finger and if the egg does not stick to the finger the omelet is done. Do not overcook it or it will shrink or be tough.

Loosen the edges of the omelet, slip a spatula or flexible knife under the side next to the handle of the pan, fold one-half over the other and press slightly to make it stay in place, slip on to a hot plate and serve at once.

PLAIN FRENCH OMELET

6 eggs

Salt and pepper

2 tablespoons butter or butter
substitute

Beat the eggs just enough to mix the whites and yolks, and add salt and pepper. Heat butter or butter substitute in an omelet-pan, pour a little of it into the beaten eggs and allow the remainder to get hot. Turn the eggs into the pan and as the mixture cooks on the bottom and sides, prick it with a fork so that the egg on top will penetrate the cooked surface, and run under the sides. The work must be done quickly and carefully so that the eggs are not all stirred up like scrambled eggs. While the eggs are still soft, but slightly thickened, fold over, let stand a few minutes to brown, and turn on to a hot dish.

VARIATIONS OF PLAIN OMELET

Variations of the plain puffy omelet or the plain French omelet may be made by adding any of the following ingredients to the omelet before it is put into the pan to cook, or by spreading one of them on top just before the omelet is folded. Allow one tablespoon of mixture to each two eggs used.

Fish—Use any cooked fish. Chop it fine, season with salt and pepper and moisten with a little cream. Spread on the omelet before folding.

Ham or other meat—Scatter finely chopped meat over the center of the omelet while it is cooking. The meat may be improved by browning in a small amount of fat before it is added.

Cheese or parsley—Prepare as for ham omelet.

Onion—Mix one tablespoon chopped onion and one teaspoon chopped parsley. Add to the omelet mixture before cooking.

Jelly—Spread any jelly or jam over the omelet just before folding.

VEGETABLE OMELET

Use cooked left-over vegetables, one vegetable alone or two in combination. Mash the vegetable through a sieve, moisten with a little

milk, cream or gravy, and season with salt and pepper. Lightly spread the mixture over the plain omelet before folding.

OMELETTE AUX FINES HERBES

A favorite French omelet is made by adding a mixture of parsley, thyme and sweet marjoram to a plain omelet.

OMELETTE JARDINIÈRE

Stir into the beaten eggs, before cooking, a mixture of chopped parsley, onion, chives, shallots, and a few leaves each of sorrel and chervil, minced fine. This is another French favorite.

CHICKEN OR TONGUE OMELET

1 cup chicken or tongue	1 cup cream or milk
2 tablespoons butter or butter substitute	Salt and pepper
2 tablespoons flour	3 eggs

Chop the meat until it is very fine. Make a sauce of the butter or butter substitute, flour, and milk or cream. Add salt and pepper and chopped meat. Make a plain omelet, and spread the meat mixture on it just before folding.

CREAM OMELET

2 slices bread	1 teaspoon butter
1 cup milk	Salt and pepper
6 eggs	Chopped onion

Crumble the bread and allow it to soak in the milk while the eggs are being prepared. Beat the eggs until light, add seasonings and then the bread and milk mixtures. Bake quickly in a well-greased shallow pan in a hot oven, and when done roll as you would a jelly-roll.

MUSHROOM OMELET—No. 1

1 cup mushrooms	1 teaspoon salt
1 tablespoon butter or butter substitute	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup milk or cream	1 tablespoon flour
	Plain omelet

Use fresh or canned mushrooms cut into bits. Melt the butter or butter substitute in a saucepan, add the mushrooms, the milk or cream, salt, pepper and flour which has been mixed to a paste with a little cold milk. Cook for five minutes, then set aside until the plain omelet is made. Spread the mushroom mixture over the omelet just before folding.

MUSHROOM OMELET—No. 2

3 cups tomatoes	2 teaspoons sugar
1 cup mushrooms	Salt and pepper
2 tablespoons chopped onion	6 eggs
	$\frac{1}{2}$ cup milk

Strain the tomato, add the onion, sugar, salt and pepper and cook several minutes, then add the mushrooms, sliced very thin. Make a plain omelet of the eggs and milk. Pour part of the sauce over the omelet just before folding, place on a hot plate, pour the remainder of the sauce around it and serve.

OYSTER OMELET

12 oysters	1 cup cream
$\frac{1}{2}$ tablespoon flour	6 eggs
2 tablespoons butter or butter substitute	Salt and pepper

Chop the oysters. Make a sauce of the flour, butter or butter substitute and the cream. Add the well beaten eggs, season with salt and pepper, stir in the oysters and cook as a plain omelet.

POTATO OMELET

4 cold boiled potatoes	$\frac{1}{8}$ teaspoon pepper
3 tablespoons bacon fat	2 eggs
$\frac{1}{2}$ tablespoon salt	2 tablespoons milk

Cut the potatoes into cubes and cook in the bacon fat with the seasonings for five minutes. Beat the eggs slightly and add the milk, then pour over the potatoes. Cook slowly until set, fold, and turn on to a hot plate.

SPANISH OMELET

1 medium-sized tomato	Olives
1 small green pepper	Mushrooms
$\frac{1}{2}$ onion	Salt and pepper
2 sprigs parsley	4 eggs
1 stalk celery	

Peel the tomato, add the pepper, onion, parsley, celery, olives, mushrooms, and chop all together in a chopping-bowl. Place the mixture in a saucepan, add seasonings and stew for two or three minutes. Beat the eggs, put them in the omelet-pan and, as soon as they begin to cook, add the chopped vegetables. Finish as for plain omelet.

TOMATO OMELET

3 tomatoes	4 to 6 eggs
2 tablespoons butter or butter substitute	Seasoning

Peel tomatoes, remove the seeds and cut into dice. Sauté in a little butter or butter substitute until tender. Make the omelet in the usual way, first stirring the tomato into the beaten egg.

APPLE OMELET

5 tart apples	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ tablespoon butter or butter substitute	Cinnamon or other spice 2 eggs

This is a very delicate dish to serve with broiled spareribs or roast pork. Cook the apples until very soft, then mash them and add the butter or butter substitute, sugar, eggs and spice. Bake in a shallow pudding-dish or pie-tins until brown.

LITTLE OMELETS

6 eggs	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ teaspoon salt	1 cup milk

The following is an excellent method of making an omelet when different members of the family come irregularly to breakfast, as the mixture will be perfectly satisfactory after it has stood for some time, provided it is again beaten thoroughly just before cooking.

Beat the eggs until light and foamy, then add the other ingredients. Fry a small amount at a time on a hot frying-pan or pancake-griddle that has been well greased. When done, roll each omelet quickly, like a French pancake, and serve.

EGG TIMBALES

1 tablespoon butter or butter substitute	3 eggs
1 tablespoon flour	Salt and pepper
$\frac{2}{3}$ cup scalded milk	Cayenne
1 tablespoon chopped parsley	Celery salt

Make a white sauce of the butter or butter substitute, flour, and milk, and add the egg-yolks, slightly beaten. Add all the seasonings, then fold in the stiffly beaten egg-whites. Fill greased baking-dishes two-thirds full of the mixture. Set dishes in a pan of hot water and poach in a moderate oven until firm. Arrange on a platter and serve with tomato cream sauce.

PICNIC EGGS (DEVEILED)

Mash the yolks of hard-cooked eggs, season with salt, pepper, butter or butter substitute, a little mustard and vinegar. Minced potted ham may be added, or the yolks may be mixed with mayonnaise dressing. Refill the whites with the mixture, press two halves together and wrap each egg in a square of oiled paper, the ends of which are twisted to keep the halves in place.

DEVEILED EGGS (HOT)

6 deveiled eggs	Butter or butter substitute
Egg and crums	Cooking oil

Roll deveiled eggs in beaten egg and crums until well coated. Sauté until brown in half butter or butter substitute, and half oil. Serve hot.

CHAUD FROID OF EGGS

6 hard-cooked eggs	Chopped olives or pickles
Butter or butter substitute	Gelatin
Salt and pepper	Chaud-froid sauce
Paprika	

Remove the shell from the eggs, and cut them in half lengthwise. Remove the yolks and mash to a paste with a little melted butter or butter substitute, salt, pepper, paprika and chopped olives or pickles. Fill the whites with the mixture, put two halves together with a little moistened gelatin to hold them and mask with chaud-froid sauce.

These eggs may be made very ornamental by garnishing each with fancy shaped pieces of pimiento, truffle or pepper. They should be served very cold as a supper or luncheon dish.

SAVORY EGGS

6 hot hard-cooked eggs	Chopped parsley
Salt and pepper	Anchovy paste
$\frac{1}{4}$ cup hot cream	6 slices hot buttered toast
1 cup hot thin white sauce	

Cut the eggs in two lengthwise and remove the yolks. Mash the yolks, add seasonings, cream, parsley, anchovy or any desired relish, and refill the whites. Place on slices of toast and pour the white sauce over them.

EGG FARCI

6 hard-cooked eggs	1 tablespoon butter or butter substitute
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{4}$ teaspoon pepper	4 tablespoons milk
1 $\frac{1}{2}$ cup hot white, Bécha-mel, curry or tomato sauce	Onion-juice

Remove the shell from the eggs and cut them in half crosswise, then cut an even slice from the end of each so that it will stand up in a pan. Remove the yolks, mash, and add the salt, pepper, butter or butter substitute, milk and a few drops of onion-juice. Mix thoroughly and heap into the hollow of the whites. Set in a shallow pan and bake in a slow oven for about six minutes, then arrange on a hot dish, and pour over them whichever sauce is preferred.

EGGS A LA GOLDENROD

6 hard-cooked eggs	Salt and pepper
2 cups thin white sauce	Paprika
8 slices toast	

Separate the yolks from the whites of the eggs and chop the whites very fine. Add to the white sauce with salt, pepper, paprika. Arrange six slices of toast on a platter and pour over them the white sauce mixture. Press the egg-yolks through a sieve and scatter over the top. Cut the two extra slices of toast into small triangles, or points, arrange on the platter and garnish with parsley.

CREAMED EGGS

6 hard-cooked eggs	2 tablespoons flour
2 tablespoons butter or butter substitute	2 cups milk
$\frac{1}{2}$ onion	1 teaspoon salt
6 slices hot buttered toast	$\frac{1}{4}$ teaspoon pepper

Remove the shells from the eggs and cut each egg into six pieces. Heat the butter or butter substitute in a frying-pan, and cook the chopped onion with it for a few minutes until yellow, but not brown. Remove the onion, make a sauce of the fat, flour, liquid and seasonings. When it thickens, add the eggs, and when they are well heated, turn the mixture out on to the buttered toast and serve at once.

SCALLOPED EGGS

Butter or butter substitute	Salt and pepper
6 hard-cooked eggs	Milk or cream
Crums	

Grease a baking-dish with butter or butter substitute and place in it a layer of crums, then a layer of slices of hard-cooked eggs. Dot with bits of butter or butter substitute, sprinkle with salt and pepper, and add another layer of crums. Repeat in this order until the dish is full, having a layer of buttered crums on top. Pour cream or milk over the whole until it comes about halfway to the top of the dish, and brown in a moderately hot oven.

CURRIED EGGS

6 hard-cooked eggs	2 teaspoons corn-starch
6 slices toast	1 teaspoon butter or butter substitute
Onion	$\frac{1}{4}$ teaspoon curry-powder
1 cup stock	Salt and pepper
1 cup milk	

Remove the shell from the eggs and cut them into quarters lengthwise. Arrange on slices of hot buttered toast. Rub the bottom of a saucepan with a slice of onion. Mix the corn-starch and curry-powder. Make a sauce of the stock, milk, corn-starch and curry-powder, fat and seasonings, and pour over the eggs and toast.

EGG FRICASSEE

6 hard-cooked eggs	3 tablespoons butter or butter substitute
3 cups stock	3 tablespoons flour
Minced parsley	$\frac{1}{4}$ cup cream
Chopped onion	Salt and pepper

Cut the eggs in slices. Make a sauce of the stock, fat, flour and seasonings. Add the sliced eggs, the cream and salt and pepper. Mix well and serve very hot.

EGGS AU GRATIN

6 hard-cooked eggs	Grated cheese
Salt and pepper	Buttered crums
2 cups medium white, tomato or yellow sauce	Butter or butter substitute

Remove the shells from the eggs, slice them and arrange in a greased baking-dish. Season with salt and pepper and pour the sauce over them. Yellow sauce may be made from white sauce by adding uncooked beaten egg-yolk to white sauce. Sprinkle with grated cheese and cover with buttered crums. Bake in a moderate oven until the sauce bubbles and the crums brown.

EGGS À LA LUCHESE

1 onion	2 teaspoons chopped parsley
Butter or butter substitute	4 tablespoons grated cheese
1 cup milk	Paprika
6 hard-cooked eggs	Salt and pepper
2 uncooked egg-yolks	1½ tablespoon lemon-juice

Slice the onion and cook it in a very little butter or butter substitute until brown, then add to it the milk and the eggs cut in halves. Stir over the fire for three or four minutes, then add the slightly beaten egg-yolks, the parsley, cheese and seasonings. Stir over hot water for about eight minutes, add the lemon-juice and serve very hot.

PICKLED EGGS

24 cloves	½ teaspoon salt
6 hard-cooked eggs	½ teaspoon pepper
2 cups vinegar	½ teaspoon ground mustard

Stick four cloves into each egg. Heat the vinegar and when boiling add the salt, pepper and mustard mixed with a little cold vinegar. Put the eggs in a glass fruit-jar and pour the boiling vinegar over them. Cover and let stand two weeks before using.

This makes a nice accompaniment for broiled steak.

PRESERVING EGGS FOR WINTER USE

Eggs may be very satisfactorily preserved for cooking purposes, but are somewhat inferior in flavor to fresh eggs for table use. Eggs for preserving should be purchased during the Spring and early Summer months, as they are best in quality and cheapest at that time and keep better than eggs produced later in the season. Absolutely fresh, clean eggs should be selected and put down as soon as possible after they are laid. Eggs should not be washed. Infertile eggs are better than fertile eggs for preserving. Water-glass is the preservative most generally used. It may be purchased at any drug-store in powdered or liquid form. Only enough for one year should be purchased at a time, as it should not be used a second time.

If powdered water-glass is used, dissolve it according to the directions on the package. When using liquid water-glass, mix one part water-glass solution with nine parts water which has been boiled and cooled. Stir the mixture thoroughly. Pack the eggs in clean earthenware jars, and pour the water-glass mixture over them. The liquid should stand two inches above the eggs in the jar. About nine quarts of water and one quart of water-glass, in a five-gallon jar, will

preserve fifteen dozen eggs. It is better to preserve eggs in smaller jars with fewer eggs in a jar.

If the liquid becomes thick and jelly-like after standing for some time, more boiled water should be added. When the eggs are removed for use, they should be rinsed off with clear water. If they are to be cooked in the shell, prick the shell at the large end with a pin before placing them in the water.

Eggs preserved in water-glass will keep about a year. Toward the end of the year, the contents of the eggs become thin and they are good only for cooking purposes.

CHEESE

Cheese has an important place in the dietary, for it keeps fairly well, it is a concentrated food, and ordinarily it is an economical one, at least when compared with other animal foods.

USEFUL FACTS ABOUT CHEESE

One pound of cheese represents the fat and protein of a gallon of milk. It is one form in which a surplus of milk may be stored satisfactorily and cheaply.

In spite of this, with many persons cheese has a bad reputation. In large measure, this is because the following facts about cheese are not generally known:

1. That when eaten raw or carefully cooked, cheese is thoroughly digested and is not likely to cause disturbances if it is associated with other foods of right character and is not eaten in too great amounts at one time.
2. That cheese is a very concentrated food and therefore should be eaten in small amounts and should be associated at the same meal with bulky foods such as fruits and vegetables.
3. That whole-milk cheese is very rich in fat and therefore other fats at the meal should be limited in amount.
4. That cheese is soft in texture and should be associated with something having tough, "chewy" or crisp texture.
5. That cheese should take the place of meat or eggs and not be used merely as an addition to the meal.

VARIETIES OF CHEESE

There is a cheese for every taste. The housekeeper should know the ways in which various kinds of cheese are used and choose the variety best suited. The intensity of flavor to be sought in the cheese should be adjusted to the food served with it. If tobacco smoke is present, Roquefort, Gorgonzola, Limburger and related types will satisfy many people better than the milder cheeses. Strong, old Cheddar cheese may be served with ginger snaps. From the chemist's standpoint, there is no basis for the statement often made that the highly flavored cheeses of strong odor have undergone putrefactive decomposition. The Limburger cheese factories are among the cleanest factories in the country.

The seven hundred and more varieties of cheese are classified in various ways, the most common of which are as follows:

1. Consistency—Hard; semi-hard; soft.

2. Location of ripening agents—Hard; micro-organisms throughout the cheese mass at the beginning of the ripening, so the cheese may be large or small. Soft; micro-organisms growing on the surface, so the cheeses must be small.

3. The country in which they were originally made—Italian: (a) Parmesan; (b) Gorgonzola; (c) Caciocavallo; (d) Provolone; (e) Riccotte.

Switzerland: (a) Emmenthal; (b) Sweetzer; (c) Swiss; (d) Gruyère.

France: (a) Brie; (b) Camembert; (c) Roquefort.

Holland: (a) Edam; (b) Gouda.

England: (a) Stilton; (b) Cheddar.

Germany: Limburger.

Greece: (a) Basket; (b) Romano; (c) Feta; (d) Incanestrato.

Cheddar, American, or Standard Factory cheese is the most common cheese in use. It is a hard cheese and varies greatly in flavor and texture. It may be white or yellow, old or fresh. A mild cheese is green and not cured; a strong cheese is old and cured. A cheese should not be lopsided or bulged. A cheese which is full of regular round holes indicates an inferior quality of milk and usually has a disagreeable flavor. A crumbly cheese is high in acidity and may be sour. A Cheddar cheese should have a smooth texture and be plastic enough to slice well. Mold on the outside is no indication of the quality of the cheese.

Cheddar cheese is useful in general cooking. Unless made into special dishes like cheese wafers, it is not as good to serve with salads as some cheese of more distinctive flavor. Most recipes call for Cheddar cheese.

Long Horn, Young America, Daisy and Flat are Cheddar cheeses of varying shapes and sizes.

Brie is a soft cheese, ripened by molds from the outside. The cheeses have a red coloration on the surface and vary in size from six to fifteen inches in diameter and from two to three inches in height. The largest weighs from five to six pounds. The interior varies in consistency from waxy to semi-liquid and has a very pronounced odor and a sharp characteristic taste. The cheese is dipped out of the container with a spoon. It is used as a dessert with coffee and wafers or it may be added to salad dressing.

Caciocavallo is a hard Italian cheese shaped something like a gourd and weighing three to five pounds. It is white in color and is so hard that it is necessary to grate it. It is served in small dishes to be sprinkled in soup, spaghetti dishes, etc. It is also added to these dishes in cooking them.

California Jack is the Cheddar cheese of California.

Camembert is a soft cheese, ripened by molds from the outside, so it belongs to the same group as Brie. It has a felt-like rind,

one-sixteenth to one-eighth inch in thickness, composed of molds and dried cheese. A typical cheese is about four and one-quarter inches in diameter and three-quarters to one inch in thickness. It is sold wrapped in paper and enclosed in a wooden box of the same shape. Well-ripened cheeses vary from nearly fluid to the consistency of moderately soft butter. It is dipped out of the container with a spoon. It has a strong odor and flavor and is used in the same way as Brie. The entire cheese is eaten by those who like a moldy cheese.

Cheshire is the English Cheddar cheese. It is yellow, grainy, highly colored and highly salted and often more highly flavored than American Cheddar. It is used practically in the same way as American Cheddar cheese.

Club cheese is usually made from a strong, well-ripened Cheddar cheese which is ground and mixed with butter and condiments. At present, much of it is wrapped in foil. It spreads easily, and therefore is often used in sandwiches.

Edam is a hard cheese. It is put on the market in the form of round, red balls, weighing from three to four-and-one-half pounds, wrapped in tin-foil. Its texture is solid, close and free from pores. It is rather dry and mealy or crumbly. It is mild in flavor, clean and pleasantly saline.

It is usual in this country to cut off a section of the top to serve as a lid, and to scoop out the inside as it is needed. It is served with salads, with crackers, with pie, etc. The cheese may be set in a silver holder or wrapped in a folded napkin on a plate. It is seldom cooked but often thrifty housewives, after the greater part of the cheese has been removed, stuff the hollow shell with cooked and seasoned macaroni, rice or something similar and bake it. Edam cheese may be used in rabbit.

Gorgonzola is a semi-hard cheese resembling Roquefort in that it is streaked throughout with a blue-green mold. The surface is heavily coated with a substance resembling clay. The cheeses are cylindrical in shape, about twelve inches in diameter and six inches in height. It may be crumbly or waxy in texture, and has a flavor resembling that of Roquefort.

It is usually served uncooked as dessert, with wafers and coffee, or in salads, or it may be added to the salad dressing.

Kraft is a five-pound loaf cheese, made under a patented process. It is used in cooking, also with wafers and coffee as dessert.

Liederkranz is a small Limburger cheese.

Limburger is a hard cheese. It is wrapped in waxed paper and then in tin-foil. Each cheese weighs about two pounds. It has a very strong and characteristic odor and taste. The odor, which is disagreeable to some people, may be decreased by removing the rind from the cheese and exposing the cheese to the air before bringing it to the

table. Because of its strong flavor, it is always served uncooked, in sandwiches, with pie, or with wafers and coffee.

Neufchâtel is a soft cheese wrapped in parchment paper and foil. It must be kept cold in order to prevent deterioration. It is put up in cylindrical and rectangular forms, the cheeses varying in weight from two and one-half to four ounces. This cheese is also sold in screw-topped glass jars.

Neufchâtel and cream cheese are very similar, Neufchâtel being made from milk containing four per cent. fat and cream cheese from milk containing six per cent. fat. Neufchâtel cheese has a clean, sour-milk or lactic-acid flavor. In texture, it is smooth and free from gas. It is served with crackers or in salads and in sandwiches.

Parmesan is a hard cheese, known in Italy as "Grana" because of its granular appearance when broken. The hardness of the cheese makes cutting it practically impossible. It has small holes or eyes. It is used in cooking, principally. It is grated and added to soup, macaroni, spaghetti and other cheese dishes.

Pimiento cheese is a cream, Neufchâtel or ground Cheddar cheese to which pimientos have been added. It is used chiefly for sandwiches.

Pineapple cheese is an old, very hard Cheddar cheese. It gets its name from its shape. It is bright yellow and varnished on the surface. It is so hard that it is necessary to grate it. It has a stronger flavor than ordinary Cheddar cheese but is used in practically the same way.

Provolona is a very hard Italian cheese resembling Caciocavallo, the main difference being in the shape. It is used in the same way.

Roquefort is a semi-hard cheese made from goat's milk. It is ripened by a green mold which gives it a mottled appearance throughout. It is found on the market in cylindrical form about seven and one-quarter inches in diameter and three and one-quarter inches thick, also in rectangular form. The pieces are without a definite rind and are wrapped in tin-foil. They must be kept cold. Roquefort has a strong odor and taste and is best served with highly flavored foods. It may be served in salads or with wafers and coffee. If served on a plate with a cheese knife, the tin-foil should be removed before serving.

Ricotte is a very hard Italian cheese. It is similar to Caciocavallo and Provolona, except in shape and in being made from albumen whey instead of milk, and is served the same way.

Stilton is a semi-hard cheese having a very characteristic wrinkled or ridged skin or ring. When cut, it shows blue or green portions of mold which give it its characteristic piquant flavor. It belongs to the Roquefort group. It is never cooked, but is served as Roquefort is, in salads or as dessert with wafers and coffee, or with pie.

Swiss cheese is variously known as Gruyère, Emmenthal, Sweitzer, and Swiss. It is a hard cheese put out in blocks or rectangular forms. The peculiar Swiss-cheese flavor is often called a hazel-nut taste. It is a trifle sweet and very tempting. The eyes or holes should be about the size of a cherry with a dull shine on the inner lining. The eyes should be evenly distributed. The imported Swiss is yellow in color, the American Swiss is white.

Swiss cheese may be cooked or served in sandwiches or as dessert with pie or with wafers and coffee. It may be passed on a plate, cut in individual servings or passed in a larger piece with a cheese knife.

WELSH RABBIT—No. 1

1 tablespoon butter	$\frac{1}{4}$ teaspoon mustard
1 tablespoon flour	$\frac{1}{4}$ to 1 pound of cheese
1 cup milk	(according to richness desired) shaved or cut fine
$\frac{1}{2}$ teaspoon salt	6 slices buttered toast
Few grains pepper	

Make a white sauce, in the top of a double boiler, of the first six ingredients, mixing the mustard with the other dry ingredients. Set the top part of the boiler over hot but not boiling water. Add the cheese, cook and stir until it is melted. Serve on hot toasted bread or on saltines. One-half cup chopped olives may be added. This dish may be varied by adding one or two slightly beaten eggs just after the cheese has melted and continuing the cooking until the egg has thickened the mixture.

WELSH RABBIT—No. 2

$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon dry mustard
1 $\frac{1}{2}$ tablespoon butter or butter substitute	$\frac{1}{8}$ teaspoon salt
3 cups grated cheese	Few grains cayenne pepper
	6 slices buttered toast

Scald the milk. Melt the butter or butter substitute in the top of a double boiler set over hot water, add to it the mustard, salt and pepper, and grated cheese, and stir constantly. As it commences to soften, gradually add the hot milk. Stir vigorously. When the mixture is thick and smooth, and a rich yellow, it is done. Three or four minutes' cooking is quite long enough after the cheese is added.

Serve on hot toasted bread or crisp crackers. This rabbit may be varied by adding a slightly beaten egg after the cheese is melted, and cooking long enough to set the egg.

Unless otherwise specified, the recipes in this chapter are based on the service of six persons. In cooking for fewer or more, decrease or increase the quantities given.

MEXICAN RABBIT

$\frac{1}{2}$ tablespoon butter	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ green pepper	$\frac{1}{2}$ cup canned tomatoes
2 cups grated cheese	$\frac{1}{2}$ cup bread-crumbs
1 egg	6 slices buttered toast
1 cup canned corn	

Melt the butter in the top of the double boiler, add the chopped pepper and cook until slightly softened, but not browned. Set over hot water, add the cheese and stir constantly until the cheese is melted. Mix beaten egg, salt and corn and stir into the cheese mixture; add the chopped tomatoes and crumbs. Heat the mixture and serve on toasted bread.

POACHED EGG TOMATO RABBIT

2 cups tomatoes	1 cup grated cheese
$\frac{1}{4}$ teaspoon soda	6 eggs
1 teaspoon salt	6 slices toast
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{4}$ teaspoon paprika
2 tablespoons flour	Parsley

Mix tomatoes, soda and seasonings and stew for about five minutes; then strain and thicken with the flour, mixed to a paste with a little cold water. Add the cheese and stir until smooth. Poach the eggs and place on the toast on a platter. Pour the sauce around the eggs. Sprinkle with the paprika and garnish with parsley.

CHEESE FONDUE—No. 1

1 cup grated cheese	Paprika
3 tablespoons melted butter	6 eggs
or butter substitute	6 slices toasted bread
$\frac{1}{2}$ teaspoon salt	

Mix the grated cheese with the butter or butter substitute and add salt and paprika. Beat the eggs until light, add to the cheese mixture, pour into a saucepan, set the pan in another pan of boiling water and cook, stirring constantly, until the cheese is smooth and creamy. Lay the toast on a hot plate, pour the fondue over it and serve at once.

CHEESE FONDUE—No. 2

1 cup grated cheese	1 cup soft bread-crumbs
2 teaspoons butter or	$\frac{1}{3}$ teaspoon salt
butter substitute	3 eggs
1 cup milk	Cayenne

Scald the milk and pour it over the crumbs, then add the butter or butter substitute, the cheese and seasonings. Beat the egg-yolks slightly and add to the mixture, then fold in the stiffly beaten whites and turn the mixture into a greased baking-dish. Set in a pan of water and bake in a slow oven until firm on top.

One cup of cooked rice or other cereal may be substituted for the bread-crumbs.

CHEESE SOUFFLÉ

1 cup cheese	4 tablespoons butter, butter
3 eggs	substitute or other fat
1 cup milk	$\frac{1}{2}$ teaspoon salt
4 tablespoons flour	Pepper

Make a white sauce of milk, flour, fat and seasonings. Add the cheese and beaten egg-yolks and stir until the cheese has melted and the yolks are set. Fold in stiffly beaten egg-whites. Pour into a buttered dish, or buttered individual molds, and set in a pan of hot water. Bake fifteen minutes in a slow oven, or until the egg-white is set, and serve at once. It begins to fall as soon as removed from oven.

The cheese soufflé may be baked in ramekin dishes and served as a cheese course for dinner.

EGG AND CHEESE TIMBALES

4 eggs	1 tablespoon chopped green pepper
1 cup milk	$\frac{1}{8}$ teaspoon paprika
$\frac{1}{2}$ cup grated cheese	$\frac{1}{2}$ teaspoon salt

Beat the eggs very light and add to them the warm milk, the grated cheese, pepper, paprika and salt. Grease small timbale-molds, fill with the mixture, set in a baking-pan of boiling water and bake until the egg is set. Turn out carefully on a hot platter. Serve at once, as they soon fall. They may be served with tomato or pimienta sauce.

LUNCHEON CHEESE AND EGGS

1 cup cream	2 tablespoons grated cheese
6 eggs	Salt and pepper

Put the cream into a frying-pan and let it heat to the boiling-point, then break in, carefully, the eggs. Lower the heat under the eggs and cook until they are set, as in poaching, spooning the cream over the top of the eggs while they are cooking. Put them on a hot platter. To the cream left in the frying-pan, add the grated cheese and seasonings. Stir until melted and pour the mixture over the eggs.

CHEESE CROQUETTES

$\frac{1}{2}$ cup soft cheese	2 egg-yolks
2 tablespoons butter or butter substitute	1 egg-white
2 tablespoons flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon paprika
	Crums

Make a white sauce, using the fat, flour and milk. Add the slightly beaten egg-yolks, the cheese cut in small bits, and the seasonings. Stir until the cheese is melted. Allow the mixture to cool, then shape, roll in crums, then in the egg-white, which has been diluted with one tablespoon of water, then in crums again and fry in deep fat.

Another recipe for this dish is given under "Entrées."

CHEESE CUTLETS

$\frac{2}{3}$ cup grated cheese	1 cup cooked Lima or navy beans, ground
2 cups mashed potatoes	1 teaspoon salt
4 tablespoons minced pimiento	

Combine ingredients and shape the mixture into cutlets about one-half inch thick. Sauté them in a small amount of hot fat and serve with horseradish sauce.

Another recipe for this dish is given under "Entrées."

CHEESE AND TOMATO CANAPE

6 slices bread	6 slices bacon
6 slices tomato	Grated cheese

Butter the slices of bread. On each slice, place a slice of tomato. Cover the tomato and bread with grated cheese, and add one slice of bacon to each canapé. Toast under the flame of a broiler until the bacon is crisp.

POLENTA WITH CHEESE

1 cup corn-meal	1 teaspoon salt
4 cups boiling water	$\frac{1}{2}$ cup grated cheese

Scald the meal with one cup of boiling water and let stand until it swells, then add the remainder of the water with the salt and cook over the direct flame for five minutes. Place in a double boiler or fireless cooker and cook for two hours. Add the cheese and cook until it melts. The polenta may also be baked in a greased baking-dish.

BAKED RICE AND CHEESE

3 cups cooked rice	1 cup milk
2 cups cheese	2 tablespoons butter or butter substitute
$\frac{1}{2}$ teaspoon salt	Crums
Cayenne	

Put a layer of cooked rice in a greased baking-dish, cover with a layer of grated cheese, season with salt and cayenne. Continue adding layers until the dish is almost full. Add enough milk to come half-way to the top of the rice. Cover with crums, dot with butter and bake in a moderate oven until the crums brown.

BOSTON ROAST

Recipe is in chapter on "Meat Substitutes."

CHEESE BALLS

3 egg-whites	Salt
1 tablespoon flour	Cayenne
1 $\frac{1}{2}$ cup grated cheese	Crums

Beat the egg-whites until very stiff, add the flour, cheese and seasonings by folding them in carefully. Shape the mixture into small balls, roll in fine crums and fry in deep fat. Serve with soup or salad.

CHEESE WAFERS

Spread grated cheese on thin crackers, season with a bit of paprika and heat in a quick oven until the cheese is melted. Serve with soup or salad. Thin slices of toasted bread may be used instead of the crackers.

CHEESE STICKS OR STRAWS

Use any left-over plain or puff paste. Roll out to one-quarter inch in thickness, sprinkle one-half of it with grated cheese. Fold over the other half and roll out again. Sprinkle with cheese and proceed as before; repeat three times. Cut into very narrow strips and bake in a quick oven. If the pan is placed on the top shelf of the oven, a very few minutes are required for the baking, and the straws will be crisp.

CHEESE BISCUITS

$\frac{3}{4}$ cup grated cheese	$\frac{1}{2}$ cup butter or butter substitute
$\frac{3}{4}$ cup flour	Cayenne
	1 egg-yolk

Mix the cheese and flour, then cut into this mixture the butter or butter substitute, add a little cayenne pepper and moisten with the

yolk of the egg. Roll out to one-fourth inch thick, cut into long, narrow strips and bake in a hot oven five to seven minutes.

If preferred, the ordinary recipe for baking-powder biscuits may be used, making the biscuits in two layers and sprinkling grated cheese between the layers.

COTTAGE CHEESE—No. 1

1 gallon sweet skim milk 1 cup sour milk (starter)

Thoroughly mix the sweet milk with the sour milk, and warm the mixture to 75° F. by setting the container in a pan of hot water. Cover the container with a cloth, and let it stand at room temperature (about 68° F.) over night, or from twelve to fifteen hours.

Cut the curd in squares of one to two inches with a long-bladed knife. Set the container in a pan of hot water, bring the curd to 100° F. and hold it at that temperature for thirty minutes, occasionally stirring it gently.

Pour the curd on to a piece of cheese-cloth over a bowl, and drain it for twenty or thirty minutes. Add salt and a small amount of sweet or sour cream if desired.

Better cheese is made if skimmed milk is used and fat is added to the curd in the form of butter or cream than if the whole milk is used.

COTTAGE CHEESE—No. 2

Let one gallon of milk sour until it clabbers. Heat to 95° F. over hot water and then set aside for a few minutes. Pour the whole mass into a cheese-cloth sack and hang in a convenient place to drain.

Chopped parsley, caraway seeds, chopped olives and pimientos may be used for flavoring.

Consult Index for recipes for other cheese dishes.

VEGETABLES

Roots, stems, leaves, buds, seeds or fruits of plants used as food are called vegetables. The following list shows the grouping of the vegetables under these headings:

Roots—Beets, carrots, parsnips, turnips, salsify, radishes, horseradish, rutabagas, celeriac, sweet potatoes.

Stems—Enlarged underground stems called tubers: Irish potatoes and Jerusalem artichokes, dasheen (called corm).

Enlarged overground stem: Kohlrabi.

Stem and bud—Asparagus.

Bulbs—Onions (green, called scallions; mature, called bulbs), leek, garlic, shallot.

Leaf stalks—Celery, rhubarb.

Leaves—Lettuce, endive, spinach, romaine, watercress, chard leaf, beet tops, turnip tops, chives, chicory or "French endive," collards, kale.

Buds—Cabbage (terminal), Brussels sprouts (axillary).

Flowering heads—Cauliflower, French artichoke.

Fruit—Cucumbers, squash, eggplant, peppers, okra, pumpkin, tomatoes, string beans, peas in pod, green corn.

Seeds—Peas, beans, lentils, corn.

Seasons for Vegetables

The following table gives the months when the vegetables are most abundant. However, the season when most of them are on the market is extended by means of modern improved methods of transportation.

Artichokes (French)	Late fall and winter
Artichokes (Jerusalem)	October to May
Asparagus	April to July
Beans (string)	July to October
Beans (shell)	August to October
Beets	All year
Brussels sprouts	September to January
Cabbage	All year
Carrots	All year
Cauliflower	October to February

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Seasons for Vegetables—Continued

Celery	All year but June and July: Florida celery from February on
Corn	July to October
Cucumber	July to October
Eggplant	August to October
Endive	May and June; September and October
Leek	March to June
Lettuce	All year
Onion	All year
Salsify	October through winter months
Peas	June to September
Parsnips	October through winter months
Peppers	October to February
Potatoes	All year
Sweet potatoes	October to February
Pumpkin	October to January
Radishes	All year
Squash (summer)	July to October
Squash (winter)	October to February
Swiss chard	July to October
Turnip	September to February
Tomato	July to October (all year from hot-house and the South)

Selection of Vegetables

Buy vegetables in their season. Many vegetables are in the market the year round, but out of season vegetables are expensive because of the cost of transportation, or because of hot-house care, and often lack flavor and freshness.

Vegetables should be fresh, firm (not hard), and ripe. Do not buy vegetables that are old, withered, moldy or bruised, underripe or overripe; there is no saving in cost from purchasing such vegetables. Head vegetables should be solid, with few waste leaves. Cauliflower should be white and firm, with no blemishes. Leafy vegetables should not be wilted. Peas and beans should have crisp pods. Buy vegetables of medium size and regular shape.

Buy only the amount of summer vegetables you can care for. Summer vegetables deteriorate in quality very quickly and are best when cooked soon after gathering. If they are gathered from the garden, it should be in the morning or late afternoon.

Winter vegetables may be bought in larger amounts if there is a suitable place for storage.

Care of Vegetables

Summer vegetables are best if cooked very soon after they are gathered. If they are not cooked at once, they should be put in the refrigerator or in a cool dry place. Peas and corn, especially, should be cooked soon after gathering, as they lose their sweetness on standing. Lettuce should be sprinkled and wrapped in a heavy cloth or paper and put in the icebox until it is used. Wilted vegetables often may be made crisp by placing them in cold water. If they are stem or stalk vegetables, they will freshen much more quickly if the stem or stalk is freshly cut.

Winter vegetables should be stored in a dry, cool, well ventilated place and piled up so as to exclude air. Squash, however, keep better if they are spread out, not touching each other. Squash and sweet potatoes require a warmer place than other vegetables. Vegetables can not be kept successfully in an unpartitioned cellar containing a furnace. Parsnips improve in flavor if they are allowed to freeze before they are stored. Vegetables should not be overripe when stored, but should be nearly mature. They should be in good condition, firm and uninjured. Stored vegetables should be watched carefully and if they begin to show signs of spoiling, they should be used at once or at least removed from the other vegetables.

Preparation of Vegetables for Cooking

Wash all vegetables before cooking, even though they look clean. A vegetable brush is almost a necessity. Soak wilted vegetables before peeling them; dry and old winter vegetables may be improved by soaking them for several hours. Vegetables that are soaked after they are peeled lose some soluble food value. Scrape thin-skinned vegetables; peel thick-skinned vegetables, or remove the skin after cooking. Make thin peelings except in the case of turnips, from which a thick peel of corky material should be removed. Discard blighted or decayed parts of vegetables.

Directions for Cooking Vegetables

Put vegetables on to cook in boiling water. Be sure that they boil continuously but not too vigorously; hard boiling is likely to break them. Use a teaspoon of salt to each quart of water but do not add the salt until the vegetables are almost done, as salt tends to harden tissue.

Mild-juiced vegetables, which include the greater number of vegetables, should be cooked until they are tender in a small amount of water, with the cover ajar. There should be very little water left when cooking is finished and, as often as possible, this should be included with the vegetable when it is served. Tomatoes will cook in

their own juices without the addition of water. Spinach will cook in the water that is left on the leaves after it is washed.

Strong-juiced vegetables, such as cabbage, onions, cauliflower, turnips and Brussels sprouts, should be cooked in a larger amount of water without a cover, to allow the volatile oils to escape, in order to reduce the flavor and to retain the color. The water from vegetables may be used in cream soups or soup stock.

Dried peas and beans should be soaked for several hours before they are cooked. They should be cooked in the water in which they are soaked and should be cooked slowly and for a long time.

Blanching vegetables, that is, boiling them for a few minutes, draining them and adding fresh boiling water to finish the cooking, gives a milder flavor, but this is not recommended because there is further loss from this process and it is not necessary if the rules regarding amount of water and open cover are followed.

Vegetables are often overcooked, which makes them soft and flabby, develops undesirable flavor and spoils the color. A darkening of color is always an indication of overcooking. Vegetables contain cellulose, which in young and properly grown vegetables is very tender and requires little cooking. Ten to fifteen minutes will cook young spinach and ten to twenty minutes will cook young cabbage. As vegetables grow older, the cellulose becomes more fibrous and tough and requires longer cooking. (See time-table for cooking vegetables.)

Soda shortens the time of cooking, because it softens the water, and vegetables cook more quickly in soft water than in hard, and it also helps to retain the green color of vegetables, but there is an objection to the use of soda; namely, that vitamins are more readily destroyed when it is used. Its use is not advocated, therefore, except with dried peas and beans or in cooking very old vegetables, and even in these cases not more than one-fourth teaspoon should be used for each quart of water.

Vegetables should not be allowed to stand in water after they are cooked. After draining they may be kept hot in a double boiler.

Canned vegetables that are allowed to aerate for an hour before heating are thought to have a better flavor than when they are heated as soon as they are opened. They should be poured at once from a tin can. There is no reason why the juice of canned vegetables should not be used, especially those that are canned in glass. It is safer to boil all canned vegetables for five minutes before using them, in order to guard against any possible botulism (poisoning).

VARIOUS WAYS OF COOKING VEGETABLES

Creamed—A creamed vegetable is one combined with white sauce. To two cups vegetable, add one cup white sauce. For moist vegetables such as turnips, celery or onions, use medium white sauce. For dry vegetables like potatoes, use thin white sauce.

Scalloped—A scalloped vegetable usually is one combined with white sauce in the same proportions as for creaming and baked in the oven long enough to brown the surface. Scalloped vegetables usually are covered with plain or buttered crumbs to hasten the browning process.

Au gratin—This name is often used for the creamed vegetable covered with crumbs and baked. More often it is used when, in addition to the crumbs, grated cheese either is sprinkled on top of the dish or is mixed with it.

Buttered—Warmed in hot butter after being boiled and drained. See recipe for "Buttered Peas."

Curried—A creamed vegetable in which curry powder has been added to the white sauce.

Croquettes—Made from a foundation of creamed vegetable in which thick white sauce has been used, the mixture being made into shapes, egged, crumbed, and fried.

Cream soups—Made by combining one cup of strained vegetable with two cups of thin or very thin white sauce.

ASPARAGUS

Trim stalks to uniform length, wash and tie with soft string. Cook in boiling water until tender, keeping the tips above the water for the first ten minutes. Just before cooking is completed, salt the water. Drain, untie, and season with melted butter or butter substitute, salt and pepper.

If preferred, the asparagus may be cut into inch pieces. In this case, the stalks are put into the water ten minutes or more before the tips are added. Asparagus may be served with medium white sauce or Hollandaise sauce may be poured over it.

FRENCH ARTICHOKEs

The artichoke consists of three parts: the bottom, the leaves and the choke. The choke is not eaten and may be removed or not, as preferred. If it is to be removed, cut out the stem and save it; then with the point of a sharp knife cut around the base of the choke and draw out the latter. Cut across the top of the artichoke to trim it. Then wash it and soak it for half an hour in salted water, using one tablespoon of salt to two quarts of water.

After removing the choke and soaking as directed, press the stem back into the head, lay the whole head downward in a kettle and cover with boiling water, adding one teaspoon of salt and two teaspoons of lemon-juice for every two quarts of water. Boil gently until tender. Then take the artichoke from the water and drain. Serve hot with Béchamel sauce or Hollandaise sauce, or cold with a French dressing or well-seasoned mayonnaise dressing, or with Russian dressing.

JERUSALEM ARTICHOKEs

Wash and pare artichokes and cook in boiling water until tender. Salt the water just before cooking is completed. Drain. Season with salt and pepper, dip them in melted butter or butter substitute or pour melted butter over them, place in a serving-dish and sprinkle with finely chopped parsley. Jerusalem artichokes may be used instead of potatoes in a meal.

BOSTON BAKED BEANS

1 pint pea beans	$\frac{1}{2}$ teaspoon salt
1 small onion	$\frac{1}{2}$ teaspoon dry mustard
$\frac{1}{8}$ pound salt pork, part fat and part lean	2 tablespoons molasses

Soak beans in cold water overnight; in the morning place them in fresh water and simmer gently until skins begin to burst, being careful that they do not cook long enough to break. When they are soft turn them into a bean-pot. Beans may be put into the pot without this preliminary cooking.

Pour boiling water over the salt pork. Scrape the rind until white, score it in half-inch strips, and bury the meat in the beans, leaving only the rind exposed. Mix together salt, mustard and molasses. Place these in a cup, fill the cup with hot water, stir until well mixed, and pour the liquid over the beans and pork. Add enough water to cover the beans, and bake eight hours, adding water to keep them covered, until the last hour, when the pork should be raised to the surface to crisp.

If pork is disliked, it may be omitted, but more salt must then be used, together with one-third cup of butter or butter substitute or drippings, or half a pound of fat and lean corned beef may be substituted.

BAKED BEANS—QUICK METHOD

Use same ingredients as in previous recipe. Do not soak the beans overnight. Place them over the fire, cover them with cold water, and slowly bring the water to a boil, then set the kettle where the beans will simmer, but will at no time boil vigorously. When they have cooked in this way for fifteen minutes, drain and add fresh boiling water. Add salt pork to the kettle and simmer gently with the beans until they may be pierced with a straw, but are not at all broken; then turn the beans into a colander to drain. Put into bean-pot, season and bake as directed for baked beans.

BOILED LIMA BEANS

1 quart green Lima beans or	1 tablespoon butter or butter
2 cups dried Lima beans	substitute or savory fat
Salt and pepper	1 cup milk or cream

If the green beans are used, put them into just enough boiling water to cover, and boil slowly until tender. Salt the water just before cooking is completed. Add butter or savory fat, and salt and pepper to taste. If desired, a cup of milk or cream may be added and the beans allowed to simmer in it for a moment.

If dried beans are used, they should be soaked twelve hours in plenty of cold water, and one-fourth teaspoon of soda should be added to the water when they are boiled. This water should be drained off before the milk is added.

STRING BEANS

1 quart string beans Salt and pepper Butter or butter substitute

Wash beans, string and snap or cut into short pieces. Cover with least possible amount of boiling water and cook gently until tender. Salt the water just before cooking is completed. When done, drain and season with butter or butter substitute, salt and pepper, or serve with pork as follows:

Cut two small slices of salt pork into small pieces and fry until brown, then add one tablespoon flour, one cup hot water, and the beans. Simmer for a few minutes and serve hot.

SOY-BEANS

Of the many varieties of soy-beans grown in this country, the yellow variety is the most popular for cooking purposes. The black and green beans are also used, and are particularly good in soup. Soy-beans require longer cooking than white beans, but the length of time required is lessened if the beans are soaked for twelve hours before cooking.

BAKED SOY-BEANS

2 cups yellow soy-beans	2 tablespoons molasses
1 tablespoon salt	1 teaspoon mustard
1 small onion	$\frac{1}{4}$ pound fat salt pork

Soak the beans for twelve hours, then heat to boiling and simmer until tender. Unless the beans are tender before baking, they will not be good. Prepare as directed for "Baked Beans." Eight to ten hours will be required to bake them.

BOILED BEETS

Wash the beets thoroughly and remove the leaves, being very careful not to break off the little fibers and rootlets which retain the juices and coloring matter. Use plenty of water in cooking. Should the beets be tough and withered, soak them for twenty-four hours in plenty of cold water before trying to cook them.

Try with a fork, and when tender drop them into a pan of cold water and slip off the skins with the hands. If small, serve whole. If large, slice those to be used immediately, place in a dish and season with salt, pepper, and butter or butter substitute or savory fat. A teaspoon of sugar may be added also if the beets are not naturally sweet enough. Set them over boiling water to heat thoroughly and serve hot, with or without vinegar. The cold beets left over may be covered with vinegar and used as pickles.

BEET GREENS

Carefully wash and clean young beets. Leave roots and tops together. Put them into a kettle with very little boiling water and allow them to cook until just tender. Salt the water just before cooking is completed. Drain as dry as possible, in a colander. Serve hot with butter or butter substitute or savory fat, salt and pepper, or with vinegar. They may also be cooked and chopped fine like spinach.

BRUSSELS SPROUTS

Pick off the dead leaves from the sprouts, soak the sprouts in cold salted water for one-half hour, wash them and put them on the fire in plenty of boiling water. Boil in an uncovered saucepan until tender. Just before they are done, salt the water. Drain in a colander. Re-heat with melted butter or butter substitute, season with salt and pepper, and serve very hot. They may be served with cream sauce.

BOILED CABBAGE

Cut the cabbage into desired shapes. Place it in a kettle with a generous amount of water. Cook uncovered until just tender. Add salt to the water just before cooking is completed. Drain, add butter, butter substitute or bacon fat, salt and pepper.

A little milk or cream may be added or it may be creamed or scalloped or served au gratin.

SCALLOPED CABBAGE WITH CHEESE

1 small head cabbage
2 cups grated cheese

1½ cup medium white sauce
½ to ¾ cup bread-crumbs

Cook the cabbage as directed for boiled cabbage. Into a greased baking-dish, put a layer of cabbage, then a layer of cheese, then a layer of white sauce, and continue to add layers until the ingredients are all used. Cover the top of the mixture with the crumbs, which may be mixed with a little melted butter or butter substitute, and bake in a moderate oven for about twenty minutes, or until the crumbs are brown.

CARROTS

Scrape and wash the carrots. Leave young carrots whole, and cut old carrots in slices lengthwise of the vegetable or crosswise in rings. Boil them in water containing one teaspoon sugar until tender. (See table for time of cooking.) Just before cooking is completed, salt the water. Drain, add butter, salt and pepper to taste, and serve hot. Old carrots may be served creamed. They may be boiled whole with corned beef, and served as a garnish around meat. It improves the appearance of old carrots to cut them into half-inch slices and then shape them with tin-cutters.

CARROTS AND PEAS

2 cups cubed carrots	3 tablespoons flour
1 cup cooked peas, fresh or canned	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper
3 tablespoons butter or butter substitute	2 teaspoons sugar
	$1\frac{1}{2}$ cup milk

Boil the carrots until tender. Combine with the cooked peas, reheat and serve with melted butter or butter substitute or savory fat or make a sauce of the flour, fat, milk and seasonings, add the cooked carrots and peas, reheat and serve hot.

CARROTS AND PEAS WITH GREEN MINT

1 very small bunch fresh mint	1 cup cooked peas
	Salt and pepper
2 cups cooked cubed carrots	Butter or butter substitute
	Sugar

Boil together carrots, peas and mint leaves for five minutes. Drain, add salt and pepper, a generous amount of butter or butter substitute, and sprinkle with sugar. Set in the oven until the sugar melts. Serve with a garnish of fresh mint leaves.

CARROT TIMBALES

2 cups grated carrots	$\frac{1}{8}$ teaspoon butter
$\frac{1}{2}$ cup bread-crumbs	2 tablespoons melted butter or butter substitute
2 eggs	$\frac{1}{2}$ cup milk
1 teaspoon salt	

Wash, scrape and grate the carrots and mix with the crumbs. Beat the eggs and add to them the seasonings, fat and milk. Add this mixture to the carrot and crum mixture. Fill greased baking-dish or popover cups, set these in a pan of hot water and bake in a moderate oven until firm.

CAULIFLOWER

Remove the green and imperfect leaves from the cauliflower, and place it, top downward, in a dish of cold, salted water to draw out dust and other impurities. Cook it, whole or broken into flowerets, in boiling water. Just before cooking is completed, salt the water. Lift out the cauliflower very carefully and allow it to drain in a warm place. Pour a medium white sauce over it, or send the sauce to the table in a sauce-boat, or serve with melted butter and paprika.

Sometimes hot boiled cauliflower is sprinkled with grated cheese and then with cracker or bread-crumbs mixed with a little butter or butter substitute and baked to a light brown, or it may be sprinkled with the grated cheese and served without baking.

SCALLOPED CAULIFLOWER WITH EGG

1 medium cauliflower	1½ cup medium white
2 cooked eggs	sauce
Salt and pepper	Bread-crumbs

Break the head into small flowerets and cook in boiling water. Add salt just before cooking is completed. Drain. Grease a baking-dish and place a layer of cauliflower in it, then a layer of sliced eggs, then a layer of white sauce. Put a layer of crumbs over the top and bake in a hot oven until brown. Four tablespoons of grated cheese may be used instead of the hard-cooked eggs. A bit of cayenne pepper may be added for additional seasoning.

STEWED CELERY

2 cups celery cut into inch long pieces	2 tablespoons butter or butter substitute
½ cup milk	Salt and pepper
2 tablespoons flour	

Wash the stalks clean and cut them into pieces. Place the celery in a stew-pan, cover with boiling water and simmer slowly until tender (about half an hour), by which time the water should be reduced to about one-half cup. Make a sauce with the celery water, milk, flour and butter. Add the cooked celery and season with salt and pepper.

SCALLOPED CELERY WITH CHEESE

2 cups cooked celery cut into inch long pieces	1 cup milk
2 tablespoons butter or butter substitute	Onion salt,
2 tablespoons flour	Pepper
	1 to 2 tablespoons grated cheese
	Bread-crumbs

Make a sauce of the flour, fat, milk and seasonings. Put the celery into this and turn it into a greased ramekin or earthen pudding-dish. Sprinkle with cheese and bread-crumbs, mixed with a little butter or butter substitute, and bake until a golden brown. This is a simple but hearty dish.

CELERIAC

Not every housewife knows celeriac, but it is well worth adding to her list of vegetable acquaintances. It is a variety of celery grown for its turnip-like root instead of for the blanched stalks. The flavor is similar to that of celery. It is delicious served in various sauces or as a salad.

To prepare celeriac, trim off the tops, wash and pare the bulb, drop it into boiling water and cook about one-half hour, or until tender. Add the salt just before cooking is completed. It may then be prepared as stewed celery or scalloped celery with cheese.

BOILED GREEN CORN

To have this vegetable in perfection, the husks should be left on until just before cooking and then, when husked, the corn should be plunged at once into boiling water. Cook from seven to twelve minutes, according to the size of the corn. Do not salt the cooking water, as this toughens the corn.

Lay a table napkin folded in half on the serving-plate. Pile the corn upon this in a pyramid, cover it with the remaining length of the napkin and send it to the table.

CORN SOUFFLÉ

1 tablespoon butter or butter substitute or savory fat	1/4 teaspoon paprika Pepper 1 pimiento
1 tablespoon flour	2 cups corn pulp (fresh or canned)
1/2 cup milk	2 eggs
1 teaspoon salt	

Make a white sauce, using the fat, flour, milk and seasoning. Rub the pimiento through a sieve and add it to the sauce. Add the corn to the mixture. Cool slightly, then add the well-beaten egg-yolks and fold in the stiffly beaten egg-whites. Turn into a greased baking-dish, set the dish in a pan of hot water, and bake in a moderate oven until the egg is set, about thirty minutes.

CORN OYSTERS

2 cups corn pulp	2 tablespoons butter or butter substitute
2 eggs	Salt and pepper
2 tablespoons flour	

If fresh corn is used, grate it from the cob with a coarse grater. If canned corn is used, select one of the sieved varieties. Beat the egg-yolks and whites separately and add to the grated corn, with flour and butter or butter substitute, salt and pepper. Drop the batter from a spoon into hot fat and fry light brown. Drain on soft paper. Serve hot.

DEVILED CORN

2 tablespoons butter or butter substitute or savory fat	Paprika
2 tablespoons flour	2 cups corn pulp (fresh or canned)
1½ cup milk	1 egg
1 teaspoon salt	1 tablespoon Worcestershire sauce
¼ teaspoon mustard	Crums

Make a sauce of the fat, flour and seasonings, add corn, egg slightly beaten, and Worcestershire sauce. Pour into a baking-dish, cover with crums mixed with a little butter or butter substitute and bake until crums are brown.

CORN PUDDING

2 cups grated corn (fresh or canned)	3 eggs
1 teaspoon sugar	2 cups milk
1 teaspoon salt	1 tablespoon melted butter or butter substitute or savory fat

Cut corn from cob to one-half depth of kernel. Scrape out remainder of the pulp. Mix all ingredients well together, pour the mixture into a greased baking-dish, set in a pan of hot water and bake in a moderate oven until firm, about forty minutes.

BAKED CORN AND TOMATOES

2 cups cooked corn (fresh or canned)	1 teaspoon sugar
2 cups tomatoes (fresh or canned)	1 cup fresh bread-crumbs
1 teaspoon salt	3 tablespoons butter or butter substitute or savory fat
Pepper	

Mix seasonings with the corn and tomatoes and pour all into a greased baking-dish. Spread the crums over the top, dot them with the butter or butter substitute, and bake in a moderate oven for one-half hour. This is a satisfactory way of utilizing left-over corn or tomatoes.

STEWED CUCUMBERS

3 cucumbers	1 cup boiling water
6 slices toast	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter or butter substitute	Pepper
2 tablespoons flour	$1\frac{1}{2}$ tablespoon lemon-juice

Peel medium-sized cucumbers and cut them into quarters lengthwise. Place in a shallow pan, cover with the boiling water and stew gently for ten to twenty minutes. Add salt just before cooking is completed. When done, lay them carefully on toasted bread, make a sauce of the flour, fat, water in which cucumbers have cooked, and seasonings, cook until smooth, and pour the sauce over the stewed cucumbers.

CUCUMBER SAUTÉ

4 cucumbers	Flour
Butter, butter substitute or cooking-oil	Salt and pepper
	Minced parsley or chives

Boil, for three minutes only, pared and quartered cucumbers. Drain the pieces and season with salt and pepper. Roll in flour, sauté in a saucepan until tender and sprinkle with minced parsley or chives about five minutes before cooking is finished.

CUCUMBER CUPS

This makes a dainty dish for luncheon. Cut the unpeeled vegetables into sections two inches long and cook until tender in water salted just before cooking is completed. Scoop out the center of each section, leaving one-half-inch thickness all around the sides, as well as on the bottom, thus making pretty green cups of the vegetable. These cups may be filled with creamed chicken, sweetbreads, mushrooms or any other filling, held together with white sauce.

DANDELION GREENS

2 pounds dandelion greens	1 tablespoon butter, butter substitute or other fat
Salt and pepper	

Dandelions should be used before they blossom, as they become bitter after that time. Cut off the roots, pick the greens over carefully, and wash them well in several waters. Place them in a kettle, add a little boiling water, and boil until tender. Salt the water just before cooking is completed. When done, lift them into a colander, press them to drain off all the water, and chop coarsely; add butter or butter substitute and salt and pepper. Dandelions are sometimes boiled with corned beef or ham.

FRIED EGGPLANT

1 eggplant
Salt

Cracker-dust or bread-crums
Egg

Cut the eggplant into one-half-inch slices, peel and sprinkle each slice with salt. Lay slice upon slice and place a plate upon the top. Let stand two hours. The salt will draw out the disagreeably bitter flavor. Half an hour before serving, wipe each slice dry, dip in beaten egg, then in cracker-dust or fine bread-crums, and sauté in hot fat. Lay a piece of soft brown wrapping-paper on a pan and upon it place the slices as they come crisp and brown from the frying-pan, keeping the whole hot. The paper will absorb the excess fat. Serve on a hot platter with the slices overlapping.

STUFFED EGGPLANT

1 eggplant
2 tablespoons butter or
butter substitute

Salt and pepper
 $\frac{1}{2}$ cup water
2 cups crumbs

Cut the eggplant in half lengthwise and scoop out the center pulp, leaving the rind about one-half inch thick so that the shape may be firm. Cover the shells with cold water. Chop the pulp fine, season it with salt and pepper, add butter, butter substitute or other savory fat and cook in a frying-pan for ten minutes, stirring well, then add water and one cup of bread-crums. Drain the shells, sprinkle the interior of each with salt and pepper and fill them with the mixture. Spread one cup of crumbs on the surface of the mixture, place the two pieces of plant in a baking-dish or deep pan, and pour enough hot water into the pan to come one-third up the sides of the plant. Bake one hour, and serve hot.

CREAMED ENDIVE

Wash the endive carefully and pick off the outer green leaves, leaving only the white part. Boil until tender, drain well, return it to the kettle, and nearly cover with a medium-white sauce, which should be well seasoned.

KALE

Kale may be cooked and served in the same way as spinach, or tied in a bundle like asparagus and served on toast with a generous allowance of butter or butter substitute, or white sauce.

CREAMED KOHLRABI

6 kohlrabi	Salt
2 tablespoons butter, but- ter substitute or savory fat	Paprika
	2 cups milk
2 tablespoons flour	1 egg-yolk

Wash and pare the kohlrabi. Cut into half-inch cubes, drop into boiling water to cover and cook until tender. Just before cooking is completed, add salt, then drain and shake over the fire to dry slightly. Make a white sauce from the flour, fat, milk and seasonings, adding the egg-yolk last, and pour it over the vegetable.

SAUTÉD LENTILS

1 pint lentils	2 tablespoons butter or butter substitute or savory fat
$\frac{1}{4}$ teaspoon soda	
Salt and pepper	

Wash the lentils and soak over night. In the morning, drain them, cover with warm water in which the soda has been dissolved, and bring them quickly to the boiling-point. Boil gently for one hour, drain, cover them again with fresh boiling water, and boil gently until tender; this generally requires about one and one-half to two hours longer. Test by mashing a lentil between the fingers. If it crushes quickly, they are done. Drain in a colander.

Place butter or butter substitute in a frying-pan and when it is melted add the lentils, with salt and pepper to season; stir them over the fire for fifteen minutes. Two minced onions may be added to the lentils, if desired.

MACÉDOINE OF VEGETABLES

2 cups mixed cooked vege- tables	$\frac{1}{2}$ cup water
1 teaspoon beef extract or $\frac{1}{2}$ cup stock	Salt and pepper
1 teaspoon sugar	2 tablespoons butter or butter substitute

Mix all the ingredients together and cook eight or ten minutes over a hot fire, shaking the pan now and then. Serve hot.

MACARONI OR SPAGHETTI WITH TOMATO SAUCE

Break the macaroni or spaghetti into short lengths. Cover with plenty of boiling water and boil until soft, twenty to thirty minutes generally being required. Stir occasionally with a fork to prevent sticking to the kettle. Turn into a sieve and drain thoroughly. Place in the serving-dish and cover with tomato sauce. Serve grated

cheese with it. This cheese may be mixed with the tomato sauce. Some people prefer spaghetti cooked in long pieces. To do this place the ends in boiling water and coil it as it softens.

BAKED MACARONI OR SPAGHETTI WITH CHEESE

2 cups macaroni or spaghetti broken into short lengths	2 tablespoons butter or butter substitute
$\frac{1}{4}$ pound grated cheese	$1\frac{1}{2}$ cup milk
	Salt and pepper

Boil and drain the macaroni or spaghetti as directed in the preceding recipe. Arrange a layer in the bottom of a pudding-dish. Over it sprinkle some of the cheese and scatter over this bits of butter or other fat. Add a sprinkling of salt and pepper. Fill the dish in this order, having macaroni on top, well oiled with butter or butter substitute, but without cheese. Add milk enough to just cover well and bake until a golden brown hue, one-half hour usually being sufficient. Serve in the dish in which it was baked.

PREPARATION OF MUSHROOMS

To prepare mushrooms for cooking, cut off the stalks, pare the caps and drop them into a bowl of water which contains the juice of half a lemon, to keep them from darkening. If the stalks are solid and tender, they may be peeled, cooked and served with the caps, otherwise they should be thrown away. The peelings may be cooked in a small amount of water, for mushroom stock.

Too much cooking toughens mushrooms. Three or four minutes will heat canned mushrooms, and five or six minutes will cook fresh ones, usually.

STEWED MUSHROOMS

2 tablespoons butter or butter substitute or savory fat	$\frac{1}{4}$ teaspoon pepper
1 tablespoon flour	1 teaspoon salt
$\frac{1}{2}$ cup cream	$\frac{1}{2}$ cup boiling water
	2 cups mushrooms, fresh or canned

Make a sauce of the fat, flour, cream and seasoning. Prepare mushrooms and stew them in boiling water until tender. Add, without draining, to cream sauce. Serve very hot.

CREAMED MUSHROOMS

$1\frac{1}{2}$ tablespoon butter or butter substitute	1 cup milk
$1\frac{1}{2}$ tablespoon flour	Salt and pepper
1 egg-yolk	$1\frac{1}{2}$ cup cooked mushrooms, (fresh or canned)

Prepare a white sauce of the fat, flour, milk and seasonings. Add the cooked mushrooms to the sauce and cook gently for several minutes. Just before serving, add the beaten egg-yolks and reheat.

BAKED MUSHROOMS

$\frac{1}{4}$ pound mushrooms	3 tablespoons butter or
Salt and pepper	butter substitute

Prepare the mushrooms. Butter a baking-dish, put in the mushroom caps, their upper sides down, and bake in a quick oven for fifteen minutes, basting twice with melted butter or butter substitute. When done, season with salt and pepper, place in serving-dish, pour over them the fat left in the baking-dish and serve. If the stems are tender they may be cooked with the caps.

MUSHROOMS UNDER GLASS

2 tablespoons butter	1 slice toast
$\frac{1}{2}$ tablespoon lemon-juice	6 mushroom caps
Salt and pepper	$\frac{1}{4}$ cup heavy cream
$\frac{1}{2}$ teaspoon chopped parsley	

The quantities given allow for service of only one person.

Cream butter or butter substitute and add lemon-juice, drop by drop, salt, pepper and finely chopped parsley. Cover the bottom of an individual baking-dish with a circular piece of toast three-eighths of an inch thick, wetting the under side with half the sauce already made. Pile mushroom caps, cleaned and peeled, on the toast and pour over them the remainder of the sauce and the heavy cream. Cover with glass and bake about twenty-five minutes. Save the stalks, if tender, for seasoning sauces and gravies.

Baking dishes with bell-shaped glass covers are obtainable at most house-furnishing stores. The mushrooms should be served with the covers on.

ROASTED MUSHROOMS

3 mushroom caps	Butter or butter substitute
Salt and pepper	6 slices toast

Select mushrooms that are plump and are truly little cups. Prepare caps as directed. Place them upside down in a baking-dish, sprinkle with salt and pepper and place a bit of butter or butter substitute in each cup. Set the pan in the oven and cook for five minutes or so in a moderate heat. The cups will be filled with their own liquor. Serve on toast while very hot.

BOILED OKRA

1 quart okra pods
Salt and pepper

Butter or butter substitute
Vinegar

The pods of okra are so sticky that special care is needed to avoid breaking them during the cleaning. Wash them well, and remove the stems, then place in sufficient boiling water to cover them, and boil until tender. Add salt just before cooking is completed. They should boil very slowly, as rapid boiling will break them in pieces. When tender, toss the okra into a colander and when drained, lay it in a dish. Heat some butter or butter substitute, vinegar and a little salt and pepper, mix well, and pour the sauce over the okra in the dish.

STEWED OKRA

2 cups okra
2 tomatoes
Salt and pepper

1 tablespoon butter or
butter substitute

Wash the okra, remove stems and cut pods into pieces crosswise. Place in a granite stewpan, just cover with boiling water and simmer gently until tender. Add tomatoes, peeled and chopped, and stew for ten minutes longer. Add fat, salt and pepper, and serve hot.

BOILED ONIONS

Peel the onions and cook in boiling water until tender but not until they fall apart. Just before cooking is completed, add salt. When done, drain well and if they are very large, cut each onion into four or six pieces, season with butter or butter substitute, salt and pepper and serve hot.

CREAMED ONIONS

In peeling the onions remove all of the green leaves, for they should be as white as milk when served. Drop them into boiling water and boil for ten minutes. Drain, add freshly boiling water and continue cooking until tender. Just before cooking is completed, add salt. Drain thoroughly, place in a serving-dish and pour a white sauce over them. If the onions are large they may be quartered before cooking.

STUFFED ONIONS

6 medium to large onions
 $\frac{1}{2}$ cup chopped ham or
chopped green pepper
 $\frac{1}{2}$ cup soft bread-crumbs
Fine dry bread-crumbs

$\frac{1}{2}$ cup milk
Pepper
 $\frac{1}{2}$ teaspoon salt
1 tablespoon fat

Remove a slice from the top of each onion and parboil the onions until almost tender. Drain and remove the centers, making six little cups. Chop the onion that was scooped out and combine with it the ham and soft crumbs. Add seasoning and refill the onion cups. Place them in a baking-dish, cover with crumbs, add the milk, and bake until tender.

CREAMED PARSNIPS

12 medium-sized parsnips	2 tablespoons flour
1 cup milk	2 tablespoons butter or butter substitute
Salt and pepper	

Young parsnips are most desirable, but old ones may be used if the woody center is removed.

Wash and scrape the parsnips, and boil them until tender. Drain and cut them into small pieces. Make a sauce of the fat, flour, milk and seasonings. Add the cooked parsnips and serve hot.

FRIED PARSNIPS

12 medium-sized parsnips	Salt and pepper
Flour or fine crumbs	

Scrape and boil the parsnips until tender. If old, remove the woody centers. Drain, and when cold, cut them in long, thin slices about one-third of an inch thick, and season each slice with salt and pepper. Dip the slices in flour or fine crumbs and sauté in fat or oil until both sides are thoroughly browned. Drain well and serve very hot.

BOILED PEAS

2 quarts peas in the shell	2 tablespoons butter or butter substitute
Salt and pepper	

Fresh peas should not be shelled until just before they are needed for cooking. Look them over carefully after shelling, taking out any tendrils that may be mixed with them. Wash and cook until tender in a covered pan in just enough boiling water to prevent scorching. Add salt just before cooking is completed. Young peas will cook in ten to twenty minutes but those that are more mature require a longer time. The water should not be drained from them when done; if nicely apportioned, there will be, when the cooking is finished, only enough to serve with the peas. Add butter or butter substitute, salt and pepper and serve hot.

BUTTERED PEAS

2 tablespoons butter or butter substitute 2 quarts of peas in the shell

Shell the peas and boil in water until tender. Drain perfectly dry. The most careful cooks lay them on a piece of thin cloth to rid them entirely of moisture. Put butter or butter substitute in a saucepan and when hot, but not browning, place the peas in the pan and stir and heat until thoroughly mixed with the fat. Serve as hot as possible.

This is the French method of cooking vegetables.

CREAMED PEAS

2 cups boiled peas 1 cup medium white sauce

Mix peas with white sauce. Reheat and serve hot. Canned peas may be used for this dish.

BHUGIA

2 cups peas 2 tablespoons oil or melted fat
4 medium potatoes Salt
Chopped green peppers

This is a popular dish in India and is usually served with the dinner roast. Boil the peas and potatoes separately. When the potatoes are thoroughly done, drain and let them cool enough to be easily handled. Drain the peas. Heat the oil in a frying-pan. Slice the potatoes and sauté potatoes and peas together in the oil. Season with salt and sprinkle with chopped green peppers.

RICE AND PEAS

1 cup rice 2 onions 2 cups green peas

Boil the rice and peas separately. Chop the onions fine and fry them in oil until tender. Add the cooked rice and peas.

STUFFED PEPPERS

6 green peppers 1 $\frac{1}{4}$ cup moistened bread-crumbs
 $\frac{1}{2}$ onion Salt and pepper
1 $\frac{1}{4}$ cup cooked meat 1 tablespoon drippings or butter
(veal, chicken or ham) substitute
1 cup water or stock

Cut a slice from the stem end of each pepper. Remove seeds and parboil peppers ten minutes. Mix finely chopped cooked meat with moistened bread-crumbs, add salt, pepper and the onion, grated. Stuff

the peppers with this mixture and stand them in a dripping-pan. Add water or stock. Bake fifteen minutes, basting frequently. Cooked rice may be used instead of the bread-crumbs.

BOILED POTATOES

Select potatoes of uniform size. Wash, pare and drop into cold water. Cook in boiling water until tender when pierced with a fork. Just before cooking is completed, add the salt. The water should be kept boiling constantly. When done, drain and shake the pan over the fire to dry the potatoes and pan. Serve in an uncovered dish or cover with a folded napkin. Old potatoes should be soaked in cold water for an hour or so before boiling.

RICED POTATOES

Potatoes should not be riced until just before serving. Force hot, freshly boiled potatoes through a ricer or coarse strainer. Sprinkle with salt and pile lightly into the serving-dish. Do not cover the dish, but serve at once.

BAKED POTATOES

Select smooth, medium-sized potatoes, scrub, remove the eyes and any blemishes, place in a baking-pan or on the rack in a hot oven, and bake for forty-five minutes to an hour, until tender. Be sure to have the oven hot before the potatoes are put in. To test the potatoes, do not pierce them with a fork, but squeeze them with the hand wrapped in a towel. When soft, break the skin to keep them from being soggy, and serve.

CREAMED NEW POTATOES

1 dozen small potatoes	2 tablespoons butter or butter
2 tablespoons flour	substitute
1 cup milk	Salt

Small new potatoes are delicious when served with a cream sauce. Scrape the potatoes until no speck of the skin remains, boil until tender and drain. Add salt just before cooking is completed.

Make a sauce of the fat, flour, milk and seasonings. Place potatoes in the serving-dish, pour the sauce over them, dust with a sprinkling of paprika or chopped parsley and serve at once. This makes a particularly nice dish for luncheon.

SCALLOPED POTATOES

6 medium-sized potatoes	Milk
2 tablespoons flour	Salt and pepper
4 tablespoons butter	

Pare raw potatoes and cut them into thin slices. Place in a baking-dish a layer of the potato one inch deep, season with salt and pepper, sprinkle a portion of the flour over each layer, add a part of the butter or butter substitute in bits. Then add another layer of the potato and seasoning, as before, and continue until the required amount is used. It is advisable not to have more than two or three layers because of difficulty in cooking. Add milk until it can be seen between the slices of potato, cover and bake one and one-fourth hour, or until potatoes are tender when pierced with a fork, removing the cover during the last fifteen minutes to brown the top. Serve from the baking-dish.

FRANCONIA POTATOES

The potatoes should not be small, else they will bake dry and crusty. Pare the potatoes, boil them fifteen minutes, and drain well. Then place them in the baking-pan with the roast, and cook for forty-five minutes, turning often and basting with the gravy from the roast. Serve them arranged about the meat. Some cooks do not parboil the potatoes before putting them in the pan, but in that case a longer time is required for cooking.

DUTCH POTATOES

6 potatoes
6 frankfurter sausages

6 slices fat salt pork or bacon
Pepper

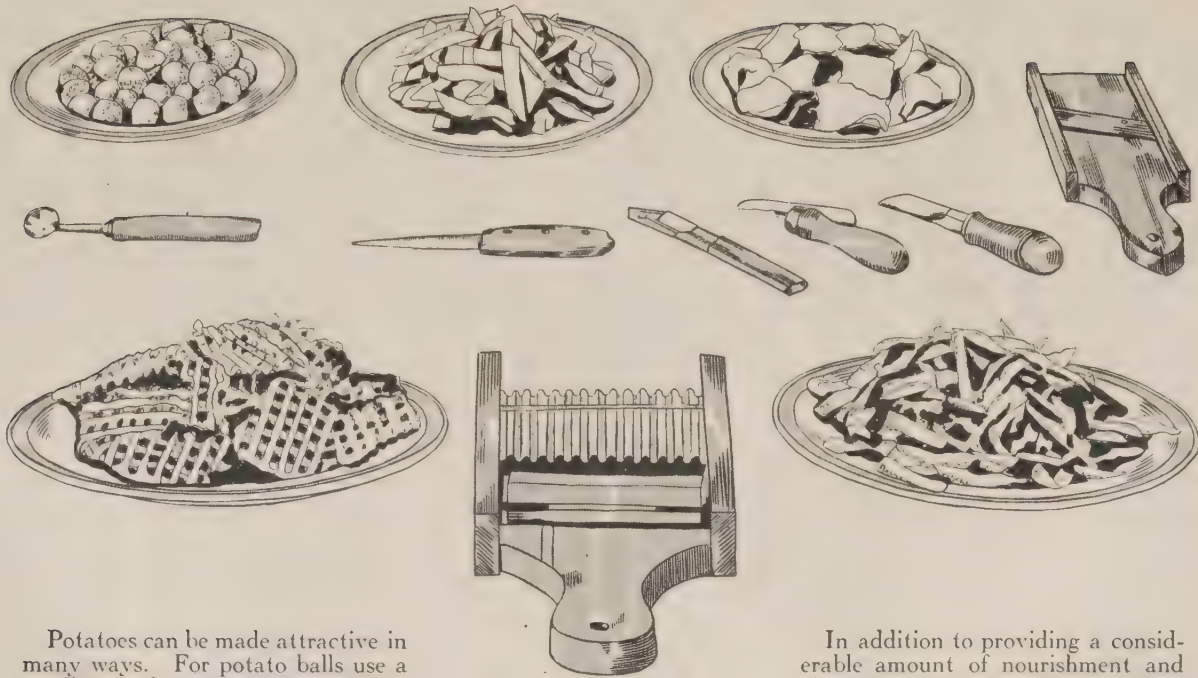
Pare medium-sized potatoes, then with an apple-corer cut a tunnel through the center of each, lengthwise. Draw through each cavity one of the frankfurters. Place in a dripping-pan and lay a blanket of fat salt pork or a thick slice of bacon on each potato. Pepper lightly and bake until the potatoes are tender, basting occasionally with the drippings and a little hot water. If preferred, the potatoes need not be pared.

POTATO PUFF OR SOUFFLÉ

2 cups hot mashed
potatoes
2 eggs

2 tablespoons butter or
butter substitute
1 cup milk

To the mashed potatoes add the fat, the egg-yolks which have been beaten until very light, and the milk. Stir until well blended and then fold in the stiffly beaten egg-whites. Mix lightly and pile the mass into a well-greased baking-dish. Bake in a moderate oven about ten minutes. Serve at once.



Potatoes can be made attractive in many ways. For potato balls use a small round cutter. French fried potatoes may be prepared with a knife. For potato chips special cutters of various kinds are obtainable.

In addition to providing a considerable amount of nourishment and playing an important part in the dietary, lattice potatoes and Julienne potatoes make attractive garnishes. The board illustrated cuts both.

SAVORY POTATO CAKES

1 egg	¼ teaspoon paprika
2 tablespoons butter or butter substitute or savory fat	2 cups hot riced potatoes
½ teaspoon salt	Sifted bread-crums
	2 tablespoons chopped mint leaves

Add the egg-yolk, fat and seasonings to the potatoes. Shape into cakes, dip into the slightly beaten egg-white, which has been diluted with two tablespoons water, roll in crumbs and fry until brown.

JULIENNE POTATO WITH SAVORY SAUCE

2 cups potato cut in strings	1 cup milk
1 small onion	1 teaspoon salt
1 teaspoon mixed herbs	Pepper
2 tablespoons fat	Grated cheese
2 tablespoons flour	

Cut the raw, pared potatoes into strings. Cook them in boiling water until tender. Brown the chopped onion and the herbs in the fat. Add the flour, stirring thoroughly, add the milk, salt and pepper and cook in a double boiler twenty minutes. Strain and pour over the cooked potato. Sprinkle with grated cheese and serve.

MASHED POTATOES

6 medium-sized potatoes	2 tablespoons butter or butter substitute
Salt	
Milk or cream	

Pare the potatoes carefully and boil. If they are very mealy when done, drain the water from them and dry off over a low fire; otherwise set them on the stove with cover off the kettle and dry for a minute or two. Mash them well, or put them through the ricer, and add butter or butter substitute and hot milk or cream to moisten. Mash the potatoes in the kettle in which they were boiled, beat them until light and creamy and pile lightly in a warmed serving-dish. Do not smooth the potatoes, as that will make them compact and heavy. (Pepper is eliminated because it makes black specks in the potato.)

MASHED POTATOES AU GRATIN

6 potatoes riced	½ teaspoon paprika
3 tablespoons butter or butter substitute	2 eggs
½ teaspoon salt	¼ cup grated cheese
	½ cup buttered crumbs

Add butter or butter substitute, seasoning and eggs to the hot riced potatoes. Beat until light and mound on a baking-dish. Cover with grated cheese and then with buttered crumbs to which the melted butter or butter substitute has been added. Bake fifteen minutes, or until the crumbs are brown.

DUCHESS POTATOES

2 cups riced potatoes	2 egg-yolks
2 tablespoons butter or butter substitute	Salt and paprika

Mix riced potato, butter or butter substitute and beaten yolks of eggs, reserving a part of the eggs for brushing the cakes. Add a little salt and paprika. Shape by means of a pastry-bag and tube into leaves, crowns, pyramids, etc. Brush over with beaten egg to which one teaspoon of water has been added. Brown in a hot oven.

FRENCH FRIED POTATOES

Wash and pare potatoes and cut into eighths lengthwise. Dry between towels and fry in deep fat. Drain on soft paper, sprinkle with salt and serve in an uncovered dish. The fat must not be too hot, as the potatoes must be cooked as well as browned.

FRIED POTATOES

Cut uncooked potatoes into blocks measuring about three-fourths of an inch each way, and place them in boiling water. Cook until almost done, ten or eleven minutes being usually required. Then drain off all the water and allow five minutes for the escape of steam. Fry them a few at a time in deep fat. Drain on soft paper placed on a hot plate. Sprinkle with salt and pepper.

BELGIAN BAKED POTATOES

Prepare potatoes as for French fried. Dip them in melted fat and lay in a shallow pan, being sure that the pieces do not overlap. Bake in a quick oven until brown on top, turn carefully and continue baking until they resemble French fried potatoes. Baste them with more fat during baking, if necessary. When done, sprinkle with salt and serve piping hot.

POTATO CHIPS OR SARATOGA POTATOES

Wash and pare potatoes and shave into very thin slices. Soak them for one hour in cold water, then drain and dry on a towel. Fry a few slices at a time until light brown, keeping them in motion with a

skimmer. Lay them on soft paper to drain. Sprinkle lightly with salt, and serve.

In cool weather, enough potato chips may be cooked at one time to last a week or ten days. They should be kept in a cool dry place and should always be reheated in the oven until crisp, before serving.

POTATO DROPS

2 cups mashed potatoes (without any milk)	2 eggs Salt and pepper
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Mix the potato and the beaten eggs. Drop the mixture from a spoon into the hot fat and fry until a golden brown, then drain on brown paper and serve with a garnish of parsley. If the spoon is dipped in boiling water after every using, each drop will retain the shape of the spoon.

POTATO O'BRIEN

6 medium-sized potatoes Salt	Chopped pimientos Onion-juice
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Wash, pare and cut potatoes into half-inch dice. Dry between towels. Fry in hot fat until a delicate brown. Drain on soft paper, sprinkle with salt, then sauté them in just enough fat to keep them from burning, adding finely chopped pimientos and a few drops of onion-juice. These should be tossed frequently during cooking, and not pressed close to the pan.

POTATOES PERSILLADE (PARSLEY)

1 dozen small new potatoes or 6 medium-sized old potatoes	Butter or butter substitute Juice of one-half lemon $\frac{1}{2}$ cup finely chopped parsley
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These are dependent upon finely chopped parsley, not only for their name but for their attractive appearance. Scrape new potatoes or pare old potatoes and cut the size of a small egg. Boil until tender. Add salt just before cooking is completed. Drain, place in a saucepan with sufficient butter or butter substitute to coat all the potatoes, add the lemon-juice and sprinkle with minced parsley. The potatoes should be well coated with parsley when served. These are excellent with boiled fish.

POTATO BALLS

1 quart potato balls $\frac{1}{2}$ teaspoon lemon-juice $\frac{1}{2}$ teaspoon salt $\frac{1}{8}$ teaspoon pepper	2 tablespoons finely chopped parsley 2 tablespoons butter or butter substitute
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With a vegetable scoop, cut balls from raw potatoes, cook in boiling water until tender, and drain. Add to them lemon-juice, salt, pepper, parsley, and butter or butter substitute. Stir lightly so that all the potatoes are seasoned, and serve at once.

POTATOES ON THE HALF-SHELL

Select medium-sized potatoes and follow recipe for baked potato. Remove the top of each potato so as to make it boat shape. Scoop out the inside, being careful not to break the shell. Mash very thoroughly—it is well to put them through a ricer—add butter or butter substitute, salt and hot milk and beat well. Pile the mixture lightly into the shells, do not smooth down the top, stand each in a shallow pan, return to the oven and brown lightly on top. A quick oven is required to brown the potatoes.

If the potatoes are too large for a single serving, they may be cut in two lengthwise, and each half may be stuffed.

STUFFED POTATO

Follow directions for potatoes on the half-shell, adding one-half cup peanut butter and two egg-whites to the potato mixture.

POTATOES SUZETTE

6 medium-sized potatoes	6 eggs
½ cup hot milk	6 tablespoons buttered crumbs
2 tablespoons melted butter or butter substitute	1 tablespoon grated cheese
	Salt and pepper

Prepare as for stuffed potatoes. Refill the shell almost to the top, break an egg into each opening, season with pepper and salt and sprinkle with buttered crumbs that have been mixed with grated cheese and bake long enough to set the egg as well as for poached eggs. Brown lightly (about six minutes).

CHOPPED POTATOES

6 medium-sized cold boiled potatoes	4 tablespoons drippings or other fat
Salt and pepper	

Chop potatoes in chopping-bowl until the pieces measure about one-half inch, and add them to the hot fat in a frying-pan. Season with salt and pepper, and sauté, stirring vigorously until the potatoes look yellow and are cooking well, then cover the pan, set it in a slow heat and serve in five minutes.

AMERICAN FRIED POTATOES

Cut potatoes into slices one-fourth of an inch thick. Heat a very little fat in a frying-pan and sauté the slices in the fat, browning on both sides. Season the potatoes with salt and pepper.

These are often called "Browned Potatoes."

CREAMED POTATOES

2 cups cold boiled or baked potatoes	1½ cup medium white sauce Salt and pepper
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Cut potatoes into small pieces and mix with the white sauce. Cook together gently until the potatoes are thoroughly heated through. Season with salt and pepper.

DELMONICO POTATOES

2 cups cooked potatoes, diced	Salt and pepper Buttered crums
2 cups medium white sauce	

Mix potatoes and sauce, pour into a buttered baking-dish, cover with crums and bake fifteen minutes in a hot oven.

POTATOES AU GRATIN

Creamed potatoes	1 cup buttered crums
1 teaspoon finely chopped parsley	2 to 4 tablespoons grated cheese

Follow directions for creamed potatoes, adding the parsley. Turn into buttered baking-dish, sprinkle with cheese, cover with buttered crums and bake until crums are brown.

HASHED BROWN POTATOES

2 tablespoons oil or drip- pings	6 boiled potatoes Salt and pepper
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Chop the potatoes, adding salt, and a dash of pepper. Melt the fat in a frying-pan and, when hot, add the chopped potatoes to the depth of one inch. Press the potatoes down in the pan, packing them firmly. Cook slowly, without stirring, until the potato is brown. Then begin at one side of the pan and fold the potatoes over on the other like an omelet, packing closely together. Turn upside down on a hot serving platter and serve hot.

LYONNAISE POTATOES

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| 2 cups boiled potatoes,
diced | 2 tablespoons drippings |
| 1 tablespoon minced onion | 1 tablespoon chopped parsley |

The potatoes should be rather underdone to produce the best results. Season with salt and pepper. Cook the onion in fat until yellow, add the diced potato and stir with a fork until all sides are brown, being careful not to break the potatoes. Add more fat if necessary. When done, turn the potatoes out upon a hot dish, sprinkle parsley over the top, and serve hot.

BOILED SWEET POTATOES

Select sweet potatoes of uniform size. They may be pared before boiling or boiled with the skins on. Follow directions given for boiling white potatoes.

BAKED SWEET POTATOES

Prepare and bake as directed for white potatoes.

SPANISH POTATOES

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| 1 tablespoon minced onion | 4 tablespoons oil or drippings |
| 2 tablespoons chopped
green pepper | 2 cups cold boiled potatoes, diced |
| 2 tablespoons chopped
pimiento | $\frac{1}{2}$ cup cold cooked ham, chopped |
| | 1 teaspoon salt |
| | $\frac{1}{2}$ teaspoon paprika |

Fry the onion, pepper and pimiento in the fat until light brown, add the diced potatoes, the chopped ham and seasonings and cook until thoroughly heated through.

MASHED-POTATO BALLS

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| 2 cups cold mashed potatoes | Butter or butter substitute |
| 1 egg-yolk | Salt and pepper |

Mix cold mashed potato with the beaten egg-yolk and shape the mixture into balls. Place the balls in a greased pan and make a depression on the top of each, put a bit of butter or butter substitute in each depression and brown in the oven.

PRINCESS POTATOES

2 cups cold mashed
potatoes
1 egg

1 tablespoon melted butter
or butter substitute

If the potato is cold and firm, cut into strips two inches long, one inch wide and one-half inch thick, otherwise shape into flat balls one-half inch thick. Dip the strips or balls first into the melted fat and then into the egg, which has been slightly beaten, and lay them carefully on a greased pan. Cook in a hot oven until brown.

GLAZED SWEET POTATOES

6 sweet potatoes
Salt and pepper
Butter or butter substitute

$\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ cup water

Boil the potatoes without paring them, and, when tender, drain and strip off the skins. Make a thick sirup of the sugar and water. Cut each potato in half, dip it in the sirup, lay in a baking-dish, season each piece with salt and pepper, a bit of butter or butter substitute. Bake in a quick oven until the potatoes are brown. They will brown quickly.

SOUTHERN CANDIED SWEET POTATOES

6 sweet potatoes
Butter or butter substitute

1 cup maple or brown sugar
 $\frac{1}{4}$ cup water

Pare the potatoes and boil until about half done. Drain, and cut in lengthwise slices and lay in a shallow greased pan. Spread generously with butter or butter substitute, and pour over them a sirup made of crushed maple or brown sugar and water. Bake in a moderate oven, basting frequently with the sirup until the potatoes are transparent. It may be necessary to add more sirup during the baking. An hour or more is usually required to candy the potatoes well.

SWEET-POTATO PUFF

2 cups mashed sweet
potato
2 tablespoons butter or
butter substitute

Salt and pepper
 $\frac{1}{4}$ cup milk or cream
1 egg

To the mashed potatoes add the melted fat, seasonings and milk. Beat the egg-yolk and white separately, add the yolk to the potato mixture and then fold in the white. Bake in one dish or in individual molds until puffy and brown.

SWEET POTATO. WITH PINEAPPLE

6 small sweet potatoes	$\frac{1}{3}$ cup honey
$\frac{1}{3}$ as much pineapple as potato	$\frac{1}{4}$ cup water

Boil the potatoes with the skins on. When cool, peel and cut them in pieces one-quarter of an inch thick. Mix honey and hot water. Just cover the bottom of a baking-dish with the mixture, add a layer of sweet potatoes with sliced pineapple. Pour the remaining honey mixture over them and bake for ten minutes in the oven.

CREOLE SWEET POTATOES

6 large sweet potatoes	Grated nutmeg
Salt	1 cup rich brown stock
Celery salt	Few drops of caramel
White pepper	

Prepare potatoes by parboiling them for twenty minutes. Remove skins and cut potatoes in halves. Place the pieces in a shallow baking-pan, sprinkle with salt, celery salt, white pepper and grated nutmeg. Pour into the pan the stock, to which a few drops of caramel have been added, and bake in a quick oven until tender and slightly browned. Baste frequently with the stock. These may be served as a border around planked fish.

MASHED SWEET-POTATO CARAMEL

2 cups mashed sweet potato	$\frac{1}{2}$ cup maple sirup
Milk	$\frac{1}{4}$ cup butter or butter substitute
Pepper and salt	

Left-over sweet potatoes, either baked or boiled, may be used for this dish. Mash potatoes and add sufficient milk or cream to make a smooth, soft paste. Season with pepper and salt. Put in well-greased casserole or baking-dish, suitable for serving at table, and pour in thick maple sirup which has been boiled with butter or butter substitute. Bake until the top begins to caramelize.

SWEET-POTATO WAFFLES

1 tablespoon butter or butter substitute	1 cup mashed sweet potato
1 tablespoon sugar	2 teaspoons baking-powder
Flour	Salt
1 egg	Cayenne
	Nutmeg

Mix the butter or butter substitute and sugar to a cream, stir in the well-beaten egg, the potato and milk, and beat well until smooth.

Sift the baking-powder with a little flour and add to the potato mixture, then continue adding flour until a smooth batter is made. Add seasonings, and bake in a heated waffle-iron until golden brown. Serve, dusted with sugar and cinnamon, as an accompaniment to roast duck or turkey.

CREAMED RADISHES

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| 1½ cup large, strongly
flavored radishes | 2 tablespoons butter or
butter substitute |
| 2 tablespoons flour | Salt and pepper |
| 1 cup milk | |

Wash, pare and slice the radishes. Boil until tender. Make a white sauce of the flour, fat, milk and seasonings. Combine radishes and sauce and serve. The flavor is not unlike spicy turnips and they make a pleasant novelty served with steak or chops.

CURRY OF RICE

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| 1 cup rice | 2 tablespoons curry powder |
| 2 tablespoons butter
or butter substitute | 2 teaspoons salt |
| 1 teaspoon chopped onion | ¼ teaspoon pepper |
| | 2½ cups boiling water |

Wash the rice well. Place butter or butter substitute and onion in a stewpan and cook them until the onion is yellow, add the rice and stir the whole over a hot fire for five minutes. Draw the pan out of the heat, season with the curry-powder, salt and pepper, stir well and pour in the boiling water. Cover the stewpan and boil rapidly for ten minutes, then cook in a very slow heat for forty minutes.

Curry of rice is appropriate with any kind of meat dish that has been prepared with a sauce.

RICE À LA CREOLE

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| 1 onion | 1 cup boiled rice |
| 1 slice cooked ham | 2 cups cooked tomatoes |
| 1 tablespoon butter or
butter substitute | Salt |
| | Paprika |

Chop onion and ham very fine. Add butter or butter substitute, boiled rice, and tomatoes seasoned with salt and paprika. Mix thoroughly, put in a baking-dish, cover with bread-crumbs and bake for fifteen minutes.

CREAMED SALSIFY OR OYSTER PLANT

Wash and scrape the salsify, throwing it immediately into cold water to which a little vinegar or lemon-juice has been added, to prevent discoloration. Cut in inch slices and cook in boiling water until tender, adding salt just before cooking is completed. When tender, drain and combine with medium white sauce. Serve with tiny fried sausage balls.

FRIED SALSIFY

Follow directions for fried parsnips.

STEWED OR BAKED SQUASH

Choose the hard yellow squash, cut it into pieces of medium size, and remove the seeds and the soft mesh surrounding them. Steam or bake until tender. Serve in the shell or remove from shell, mash and place it, uncovered, for ten minutes in a good heat to dry, stirring frequently while drying. Season with butter or butter substitute, salt and pepper.

FRIED SQUASH

2 white squash Egg and crumbs. Salt and pepper

The white "button" squash, about four inches in diameter, are best when fried. Cut the squash into thin slices, dip in seasoned crumbs, then in beaten egg, then in more crumbs, and fry in deep fat. When the slices are brown, drain on soft paper. Serve on a platter or other flat dish. Fried squash makes an excellent luncheon dish.

STEAMED SUMMER SQUASH

2 summer squash Salt and pepper
Butter or butter substitute

Unless the squash is very tender, pare it thinly, cutting away little but the outer rind. Cut it in slices, and if the seeds are young and small, do not remove them. If at all large, remove them and the stringy portion. Place it in a steamer over a kettle of boiling water and steam until tender, usually from thirty to forty minutes.

Take it from the steamer, and drain. Place in a stewpan with butter or butter substitute, salt and pepper to taste, and set the stewpan over a slow fire for fifteen minutes, uncovered, stirring it once or twice.

This kind of squash may be boiled and served in the same way, but it is more moist when boiled than when steamed.

WINTER SQUASH, IN THE SHELL

1 Hubbard squash	Salt and pepper
3 tablespoons butter or butter substitute	Egg Milk

Cut off the top of a small Hubbard squash, remove the seeds and stringy portion, place in a pan and steam or bake about two hours, until tender. Remove the pulp from the shell, being careful to keep the large shell intact. Mash the pulp and season it with salt, pepper, butter or butter substitute.

Return the mixture to the shell, smooth the surface to a dome shape, score with a knife, brush over with milk and beaten egg, add bits of butter or butter substitute and place in the oven for a few minutes to brown. Part of a second squash may be needed to make a full shell or part of the shell may be trimmed away.

BOILED SPINACH—No. 1

2 pounds spinach	3 tablespoons butter or butter substitute
Salt and pepper	

Remove roots and wilted leaves of the spinach. Wash in several waters, until all trace of sand has disappeared. Place in a large kettle without additional water; the water which clings to the leaves is sufficient. Cover the kettle and cook until the spinach is tender. The time of cooking depends on the age of the spinach. Long cooking darkens it. Salt the water just before cooking is completed. When done, drain, chop, season with salt, pepper and butter or butter substitute. One tablespoon lemon-juice may be added while chopping, if desired.

BOILED SPINACH—No. 2

Prepare spinach as directed. Have ready a large saucepan half full of boiling water. Put in spinach and add salt to taste and one-fourth teaspoon of soda for each quart of water. Boil with the lid off till the spinach is tender. It should then be a beautiful bright green. Serve as directed above.

SPINACH, AMERICAN STYLE

2 pounds spinach	3 tablespoons butter or butter substitute
Salt and pepper	
2 hard-cooked eggs	

Cook spinach as for boiled spinach, place in a colander, press out all the water possible. With a knife, chop the spinach coarsely, leaving

it in the colander while chopping. Return to the kettle in which it was cooked, season with salt, pepper and butter or butter substitute, and stir until very hot. Turn at once into a serving-dish, shape the spinach into a round mound, and decorate with slices of hard-cooked eggs. Serve while hot.

CREAMED SPINACH

2 pounds spinach	Salt and pepper
1 tablespoon butter or butter substitute	2 tablespoons cream
	2 hard-cooked egg-yolks

Cook spinach according to directions for boiled spinach, drain well, and chop fine. Return to fire, add butter or butter substitute, salt and pepper, and stir until the fat is melted, then add cream, finely chopped yolks and mix well.

SPINACH SOUFFLÉ

2 cups cooked spinach, fresh or canned	2 eggs
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This is a satisfactory way to dispose of left-over cooked spinach. To the spinach add egg-yolk beaten, place in a granite saucepan, heat and stir over the fire until the egg sets, then remove from the heat and when cold add the beaten egg-whites. Fill individual baking-dishes one-half full of this mixture. Set the dishes in a pan of hot water and bake in a moderate oven until the egg is set, serving at once to prevent falling.

SPINACH IN EGGS

2 cups boiled spinach	Mustard
6 eggs	Butter or butter substitute
Salt	Vinegar
Red pepper	

While the spinach is cooking, cook the eggs hard. Cut eggs in halves crosswise and remove the yolks. Cut a slice from the bottom of each cooked egg-white so that it will stand on a platter. Season the yolks with red pepper, mustard, butter or butter substitute and salt. Mix thoroughly with vinegar to taste. Fill the egg-cups with the spinach, mounding it high, and put the rest around the egg. Put the prepared yolks in a ricer and squeeze over all.

SUCCOTASH

2 cups green corn or 1 cup dried corn	Salt and pepper
2 cups fresh Lima, string or butter beans or 1 cup dried Lima beans	1 cup milk
	4 tablespoons butter or butter substitute

If fresh vegetables are used, cut the corn from the cob. Cover the beans with the least possible amount of boiling water, to prevent scorching, and cook until tender. Drain off the water, add the corn and the milk and cook slowly until the corn is tender. Add the butter or butter substitute and other seasoning.

When dried corn and beans are used, soak both separately over night. In the morning, cover the beans with fresh water, and boil them very gently until tender. Do not drain the water from the corn, but set the pan containing it on the back of the range where it will cook slowly. When the beans are tender, drain and add them to the corn, allowing only water enough to cover them. Cook slowly until tender and drain off water and save for soup. Add the milk and seasoning.

STEWED TOMATOES

6 tomatoes, fresh or canned	Salt and pepper
2 tablespoons butter or butter substitute	Bread, cracker-crums or flour

Pour boiling water on fresh tomatoes, and after they have remained covered one minute drain them and plunge them into cold water. Slip the skins, remove the hard stem ends, and cut the tomatoes in pieces. Stew them in their own juice in a graniteware or porcelain-lined kettle until tender, add butter or butter substitute, salt, and pepper. If preferred, bread-crumbs or cracker-crumbs, or a little flour blended with the butter, may be added for the thickening.

FRIED TOMATOES

6 tomatoes	Bread- or cracker-crumbs	Salt and pepper
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Select firm, ripe tomatoes, wash them and cut in one-half-inch slices without removing the skins. Season fine crumbs with salt and pepper, dip each slice of tomato in the crumbs, and sauté in hot fat. Serve hot. Bacon fat or butter may be used.

BAKED TOMATOES

6 tomatoes	Salt and pepper
4 tablespoons butter or butter substitute	1 cup bread-crumbs 1 teaspoon sugar

Peel the tomatoes and cut them in slices one-fourth of an inch thick. Place a layer of tomatoes in a pudding-dish, and sprinkle over them a little salt and pepper. Rub the butter or butter substitute into the crumbs with the sugar. Spread the mixture thickly upon the tomatoes, using all of it, and add another layer of tomatoes. Add bits of butter, sprinkle with dry crumbs, and bake twenty minutes.

BROILED TOMATOES

6 tomatoes
Salt and pepper

Melted butter or butter
substitute

Choose firm, round tomatoes, cut them into slices, three-quarters inch thick, dust each slice with salt and pepper, place in a greased broiler and broil over a moderate fire until tender. Turn once carefully. Add melted butter or butter substitute when sending to the table.

SCALLOPED TOMATOES

6 large fresh tomatoes or Bread-crumbs
1 quart cooked tomatoes, fresh or canned Butter or butter substitute
Salt and pepper Grated cheese, if desired

Skin fresh tomatoes and cut them into slices; if using the canned vegetables, drain off the juice, using only the pulp. Place a layer of the tomato in the baking-dish, add a seasoning of salt and pepper, then a thin layer of bread-crumbs. Cut butter or butter substitute into tiny pieces and lay on the bread-crumbs, then add another layer of the tomato and proceed until the materials are used, having bread-crumbs for the top layer. Add bits of butter or butter substitute and bake for thirty minutes in a moderate oven. Serve without removing from the dish. Grated cheese may be added to the layers if desired.

TOMATOES À LA CREME

4 tomatoes 1 teaspoon sugar
Salt and pepper 1 tablespoon flour
1 tablespoon butter or $\frac{1}{8}$ teaspoon soda
butter substitute 6 slices toast
1 cup rich milk or cream

Peel and slice the tomatoes, place in a saucepan and simmer ten minutes in their own juice, with salt, pepper and sugar. Make a sauce with the cream, flour and fat. Add the soda to the tomatoes. Combine the mixtures and pour over slices of toast.

STUFFED TOMATOES

6 tomatoes 2 tablespoons butter or butter
1 $\frac{1}{2}$ cup soft bread-crumbs substitute
1 $\frac{1}{4}$ teaspoon pepper 1 teaspoon salt

The tomatoes should be very firm, smooth, and of equal size. Cut a piece from the stem end of each tomato, and remove the centers

without breaking the walls. Make a stuffing of the centers of the tomatoes, crums, seasonings, and melted butter or butter substitute, and mix well. Sprinkle each tomato well with salt and pepper and fill with the stuffing, packing it in quite solidly.

Place a small piece of butter or butter substitute on the top of each, arrange the tomatoes in a baking-dish and bake in a moderate oven until tender. Serve hot in the baking-dish.

BAKED TOMATOES, INDIAN STYLE

6 tomatoes	$\frac{1}{2}$ teaspoon salt
3 tablespoons rice	$\frac{1}{8}$ teaspoon pepper
1 tablespoon butter or butter substitute	$\frac{1}{8}$ teaspoon garlic clove
1 slice bread	1 teaspoon chopped celery
2 tablespoons milk	A little chopped parsley
2 hard-cooked egg-yolks	Thyme
	$\frac{1}{2}$ teaspoon curry-powder

Cut the tops from the tomatoes and remove the pulp. Wash the rice carefully, put in a saucepan with one-half cup salted boiling water and the tomato pulp and cook until the rice is soft. Add the fat, the bread soaked in the milk, the mashed egg-yolk and seasonings. Stuff the tomato shells with this mixture, replace the tops and place in a baking-dish.

Bake in a moderate oven until the tomatoes are soft (about twenty minutes). The curry-powder gives an unusual flavor to the tomatoes, but may be omitted.

MASHED TURNIPS

8 medium-sized or 6 large turnips	3 tablespoons butter or butter substitute
Salt and pepper	

Wash, pare and slice the turnips and cook in boiling water until soft, adding the salt just before the cooking is completed. Drain and mash the turnips in the stewpan and stand the pan, uncovered, over a low fire for ten minutes to dry the turnips well, stirring them frequently. Season with butter or butter substitute, salt and pepper.

TURNIPS IN CREAM

8 turnips	4 tablespoons butter or butter substitute
2 cups milk	Salt and pepper
4 tablespoons flour	

Pare the turnips, cut them in small pieces, cook until tender. Make a white sauce of the flour, fat, milk and seasonings. Pour sauce over turnips and serve.

TURNIP SHELLS OR CUPS

6 large turnips

Salt

Pare and remove the centers of the turnips, leaving a cup one-half inch in thickness. Cook shells in boiling water until tender. Just before cooking is completed, add the salt. Cook the centers in the same way and use for stuffing cups or serve as mashed turnips.

The turnip cups may be used as cases for creamed or buttered peas, carrots, beets, or any suitable vegetable or meat.

VEGETABLE LOAF

$\frac{1}{2}$ cup cooked green peas	1 cup soft bread-crumbs
$\frac{1}{2}$ cup cooked green string beans	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup chopped boiled carrots	$\frac{1}{8}$ teaspoon pepper
1 $\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon paprika
	1 egg

Press peas through a sieve, cut beans in small pieces, then combine all vegetables. Add to them the milk, slightly beaten egg, crumbs and seasoning. Turn into a greased baking-dish and bake in a moderate oven until firm.

VEGETABLE MARROW, STUFFED AND FRIED

Wash and pare a vegetable marrow, and scoop out the inside. Cook in boiling water for about fifteen minutes, and then drain and slice in inch slices, or cut in pieces of any desired size. Roll in flour, dip in beaten egg which has been diluted with water, roll in fine crumbs and fry in deep fat. After frying, drain the pieces on brown paper, sprinkle with salt and pepper and serve hot.

DRIED VEGETABLES

If the vegetables have been properly dried and are carefully cooked they will have a good flavor and color and may be served much the same as fresh vegetables. If somewhat lacking in flavor, they may be more highly seasoned or used in a "made" dish. The directions for cooking are the same as for dried peas and beans.

The length of time the vegetable should be soaked depends upon the kind of vegetable and the method of drying. The exact amount of water to be used for soaking can not be definitely given, but it is safe to allow three or four cups of water for each cup of dried vegetable. Any nutriment or flavor that may have soaked out of the vegetable will be retained if it is cooked in the water in which it was soaked, and

the water is served with the vegetable or is used for soup. Heat the water slowly to the boiling-point, then reduce the heat and cook the vegetable slowly for a long time.

The following are a few recipes in which dried vegetables may be used:

CREAM CELERY SOUP

1 cup dried cubes of celery	$\frac{1}{3}$ cup water
$\frac{1}{4}$ cup dried celery leaves	2 cups thin white sauce
2 tablespoons dried or fresh parsley	1 teaspoon salt
$\frac{1}{4}$ cup dried onions	$\frac{1}{8}$ teaspoon pepper

Cover the vegetables with the water and soak them for twelve or fourteen hours. Cook them in the water in which they were soaked, until tender. Drain off the liquid and press the vegetables through a sieve. Mix together the pulp, the water that was drained off, and the white sauce. Season and serve very hot.

CREAMED PEAS

1 cup dried peas	$1\frac{1}{2}$ cup thin white sauce
$\frac{1}{8}$ teaspoon soda	Salt and pepper

Cover the peas with four cups of cold water and soak for twelve or fourteen hours. Drain the water off and heat it to the boiling-point, then add the peas and soda and cook slowly until tender. Drain, save stock for soup, and add the peas to the white sauce. Season with salt and pepper. Reheat, if necessary, and serve.

CREAMED KOHLRABI

1 cup dried kohlrabi	Salt and pepper
$1\frac{1}{2}$ cup thin white sauce	

Cover the kohlrabi with four cups of cold water and soak for twelve or fourteen hours. Heat to boiling-point and boil until tender. Drain, add to the hot white sauce, season and serve.

SALADS AND SALAD DRESSINGS

Uncooked or cooked vegetables, fruits, nuts, and some cooked meats, fish and fowl, served cold dressed with condiments, oils, acids and various tart dressings, are known as salads.

Utensils Needed

A chilled earthenware bowl is excellent to use for the folding of salad ingredients. Silver or wooden forks, or a fork and spoon together, are better to use in folding together the salad ingredients than a spoon alone, as they do not crush the materials so much.

A sharp-edged knife or vegetable cutter should be used for dicing salad vegetables or fruits. In preparing fruit salads in which the pulp must be removed from the thin white skin enclosing it, a thin narrow knife slightly curved at the tip is useful.

Various fancy aluminum or tin shapes for molding individual salads may be bought, or tea-cups may be used for this purpose. Gelatin salads may be put in pans and cut in squares or fancy shapes after hardening.

Materials for Salads

Vegetable—Leaf vegetables, such as head lettuce, curly lettuce, endive, chicory, romaine, watercress and celery and cabbage, make very attractive salads served alone with a dressing or in combination with other materials.

Many cooked vegetables, such as peas, carrots, beans, beets, cauliflower, spinach, asparagus and potatoes, are used in salad making, alone or in combination.

Tomatoes, cucumbers, celery, cabbage and ground carrots are excellent uncooked materials for salad, as are also Bermuda or Spanish onions in thin wafer-like slices or young spring onions marinated in French dressing.

Fruits—The fruits most commonly used in the preparation of salads are oranges, bananas, apples, grapefruit, grapes, peaches, pears and pineapple. Watermelon or cantaloup add a delicious flavor to a fruit salad during the melon season.

Dried fruits—Dates, figs and raisins give variety to fruit salads.

Meats—Chicken always makes a delicious salad. Veal and pork may be combined with chicken in salad and it is difficult to detect their use. They may be used alone in salads, also.

Crab, lobster, shrimp, oysters, salmon, and sardines are most commonly used in fish salad. Any firm-fleshed cooked fish may be diced and combined with other materials.

Cheese—Cream-cheese salad with Bar-le-duc, jelly, or jams as garnish is delicious. It is often combined with lettuce, nuts, or celery in the making of salads.

Cottage cheese sprinkled with paprika, served in mounds on lettuce leaves, makes an attractive salad. It can also be mixed with green peppers or pimiento, rolled in nuts, served with pineapple salad, or molded in a loaf and sliced.

Egg salads—The most common egg salad is the “deviled egg,” or salad egg. Hard-cooked eggs can be cut in fancy shapes and served on a bed of lettuce leaves with a dressing or used with other ingredients in a vegetable or fish salad.

Herbs—Such herbs as chervil, mint, parsley, peppergrass, sorrel and tarragon may be added to salad to give a pungent flavor. (See list of “Herbs, Spices, Extracts and Flavors.”)

Cereals—Prepared bran, prepared wheat and rice cereals give a distinctive flavor to such salads as fruit salads; cooked rice combined with vegetables makes a palatable salad also.

Important Points in Salad-making

Chilling ingredients—All ingredients, fruits, vegetables, and dressing should be well chilled before being folded together. The bowl used should be chilled; also the plates upon which the salad is served.

Wash salad greens and examine to insure the removal of all aphids. Then soak in cold water for half an hour before use, to crisp, and dry on a towel or by shaking in a wire basket.

Keeping materials—Lettuce, most vegetables and many fruits may be kept for days by wrapping in a damp cloth and placing on ice or by putting a damp cloth in the bottom of an air-tight can, putting the materials to be kept on this cloth, closing the can and placing it in the ice-box. Care must be taken to change the cloth, however, so that a mold will not develop upon it and spoil the salad materials.

Cutting materials—Salad materials should be cut in uniform, well-defined pieces and small enough so that they will not lose their shape in the folding process. If part of the celery to be used is tough, cut it in fine pieces and cut the tender parts in larger pieces. In this way the toughness will not be detected.

When both the dark and light meat of chicken are used, dice the dark in small cubes and the light in larger cubes. This gives a more pleasing appearance to the salad. If veal or pork are used to extend the chicken, dice them finer than the chicken and their presence will not be detected.

Marinating salads—A marinade is used to give flavor to salad materials and is made by mixing oil, salt and lemon-juice or vinegar (sometimes onion-juice). The vegetables, fish or meat may stand

an hour or so in the marinade before using. When several vegetables are to be used, each one should be marinated separately. For serving, these vegetables may be combined, or placed on lettuce leaves in small individual mounds, as preferred.

Addition of salad dressing—The dressing should never be folded into the salad until time for serving, except in the case of a salad like potato salad, when it is preferable for the dressing to soak in.

Arrangement of salad—The lettuce leaf should have the stem end cut off so that this ragged part does not hang over the edge of the plate. Care should be taken that the garnish is carefully placed.

Place the salad on the lettuce leaf carefully so that it will not fall apart and spread ungracefully over the plate.

Garnishes for Salads

Chives, mint, chervil, parsley and similar small greens may be finely minced and sprinkled over a green salad.

Strips of pimiento and green pepper, or a dash of paprika, give life to a colorless salad.

Bar-le-duc, guava jelly or strawberry jam may be passed with salads that are dressed with French dressing.

A chapon is a small piece of bread rubbed with garlic, and when placed in a salad-bowl gives a delicious flavor to the salad ingredients.

The outside leaves of a head of lettuce may often be used for the lettuce garnish for a salad, reserving the heart for head-lettuce salad.

Salad Accessories

When the salad is served as a separate course, crackers or sandwiches are served with it. Crackers spread with butter or some well-flavored cheese and crisped in the oven are very attractive. If buttered crackers are used, serve cream cheese with them. Small finger sandwiches, bread folds, or circular cucumber sandwiches are also often used.

COLD MARINADE

3 tablespoons oil	½ teaspoon pepper
6 tablespoons vinegar	½ teaspoon onion-juice
1 teaspoon salt	

For fish, use three tablespoons vinegar and three tablespoons lemon-juice. Mix the ingredients thoroughly in the order given. The onion-juice may be omitted.

For hot marinade, see Index.

ASPARAGUS SALAD

6 rings cut from green pepper or lemon	Lettuce leaves French dressing
24 stalks cold boiled aspa- ragus, fresh or canned	$\frac{1}{2}$ tablespoon tomato catchup

Cut rings about one-third inch wide. If lemon is used, remove the pulp, leaving only the peel. Slip four stalks of cold asparagus through each ring and arrange on crisp lettuce leaves. Serve with French dressing to which tomato catchup has been added.

CARDINAL SALAD

2 large beets	Mayonnaise made with
2 tablespoons vinegar	vinegar from beets
$\frac{1}{2}$ cup wax beans	Lettuce
$\frac{1}{2}$ cup peas	Radishes for a garnish
$\frac{1}{2}$ cup asparagus tips	

Boil beets until tender, slice, cover with vinegar and let stand until the following day. Drain off the vinegar and use it in making the mayonnaise. Arrange white wax beans, peas, asparagus tips and red mayonnaise in little rose-like nests of lettuce leaves, and garnish with red radishes.

CABBAGE SALAD—No. 1

Select a small firm head. Cut it in half and with a sharp knife slice it very thin. Cover with cold water and let stand one-half hour. Drain, wrap in a cloth and place on ice or in a cold place until ready to use. Combine with any salad dressing. Cabbage prepared in this way will be very crisp.

CABBAGE SALAD—No. 2

$\frac{1}{2}$ head cabbage	1 teaspoon mustard
6 eggs	2 teaspoons melted butter
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup vinegar
1 teaspoon salt	

Cut the cabbage in several parts, and wash it well. Remove wilted or tough leaves, cut out the core and chop very fine with a sharp knife. Cook the eggs hard, chop five of them very fine, place the cabbage in a salad-bowl, add the chopped eggs, and toss and fold lightly together. Mix the sugar, salt, mustard and vinegar well together and pour this liquid over the cabbage and eggs. Toss again lightly with a fork held in each hand, arrange in a dish, and garnish with the remaining egg cut in slices.

COLE-SLAW

$\frac{1}{4}$ cup vinegar	1 tablespoon butter or butter substitute
1 $\frac{1}{2}$ teaspoon salt	2 tablespoons cream
$\frac{1}{4}$ teaspoon pepper	3 cups cabbage
1 tablespoon sugar	
3 eggs	

Heat vinegar and seasonings (including the sugar and butter or butter substitute) to boiling, beat eggs and add hot vinegar mixture to them very slowly. Cook in double boiler until the mixture thickens and then add cream. Remove the dressing from the fire and pour it while hot over the cabbage. Garnish with rings of hard-cooked eggs and serve when cold.

CARROT SALAD

1 cup grated raw carrot	1 tablespoon lemon-juice
1 cup chopped raw cabbage or celery, or cabbage and celery combined	$\frac{1}{2}$ teaspoon salt
	Mayonnaise or boiled dressing
	Lettuce leaves

Mix the ingredients well and serve on crisp lettuce leaves. The grated carrot may be combined also with cold boiled peas, with chopped nuts and apples, or with onions and radishes.

CAULIFLOWER SALAD

1 cauliflower	Lettuce
Mayonnaise dressing	Shrimps

Cook the cauliflower in boiling water, drain, and put it, head down, into a bowl. When cold, place on a shallow dish and cover with mayonnaise. Garnish with lettuce arranged to resemble the leaves of the cauliflower, and add little clusters of shrimps.

CELERY SALAD

2 cups celery	Strips of pimiento or green pepper
$\frac{1}{2}$ cup mayonnaise	

After thoroughly freshening the celery and wiping it dry, cut it into inch lengths and then into strips. Place them in a salad-bowl, and add sufficient mayonnaise dressing to moisten the whole. Garnish with the pimiento or pepper. Serve at once. Celery salad admits of a wide range of additions, any cold meat, fish or fowl left from a previous meal being palatable served in it.

CRESS SALAD

1 pint watercress 1 onion French dressing

Pick over the leaves of the watercress carefully, removing all bruised or wilted ones, and with the fingers break into two-inch lengths. Lay the cress in a salad-bowl, chop the onion very fine, strew it over the cress, add French dressing and serve.

CRESS AND DANDELION SALAD

1 cup watercress 6 thin slices raw onion
1 cup dandelion greens French dressing

The dandelion should be fresh and young. Wash the leaves carefully and drain well. Arrange them in a salad-bowl with the cress. Add the slices of onion and pour the French dressing over all.

CRESS AND WALNUT SALAD

$\frac{1}{2}$ cup walnut meats 1 pint watercress
1 lemon French dressing

Crack walnuts and remove their meats as nearly as possible in halves. Squeeze over them the juice of the lemon and let them stand for a short time. Just before dinner pick over watercress, wash it carefully and drain it on a napkin. At the last moment, drench the cress with French dressing, spread the nuts over it, and give them also a generous sprinkling of the dressing.

CUCUMBER SALAD

3 cucumbers Salt French dressing

Cut about an inch off the point of each cucumber, and pare carefully. Slice very thin, sprinkle with a little salt, and let stand ten minutes. Serve with French dressing.

CUCUMBER JELLY SALAD

1 pint grated cucumber 2 teaspoons cold water
Salt and paprika 6 halves of walnut-meats
2 tablespoons vinegar Mayonnaise
1 tablespoon oil Lettuce leaves
1 teaspoon gelatin

Peel cucumbers, removing most of the white as well as the green skin. Grate enough to give one pint and season with salt, paprika, vinegar and oil. Add gelatin mixed with cold water. Place over the

fire until warm and well mixed, not boiled. In the bottom of individual molds put a half kernel of walnut, then pour in the cucumber mixture and set on the ice to cool. When ready to serve, turn each mold on to a nest of young lettuce leaves, and add a spoonful of mayonnaise.

LETTUCE SALAD

Choose for this the crisp center of the lettuce. Wash it, dry it well pull to pieces or cut it into four or six sections, and arrange it in a salad-bowl. Pour over the center of the dish any dressing preferred. Mayonnaise is frequently used, but with a heavy dinner the French dressing is to be preferred to any other. Russian dressing is very much used.

The following vegetables may be used instead of lettuce: endive, peppergrass, watercress, nasturtium blossoms, sorrel, dandelion, escarolle, and romaine.

LETTUCE AND ONION SALAD

2 lettuce hearts French dressing 1 Spanish onion

Strip off, and set aside for some other purpose, the green leaves of lettuce, wash the hearts, pull them to pieces or cut into sections, and drop them into ice-water to crisp them. Peel the Spanish onion and cut it into thin shavings. Shake the lettuce in a colander or wire basket to free it from water or dry on a towel. Fill the salad-bowl with alternate layers of the heart, leaves and onion slices, sprinkling on each layer a little French dressing.

POTATO SALAD—No. 1

1 quart potatoes 2 tablespoons grated onion
2 tablespoons chopped French dressing to moisten
parsley

Boil the potatoes with skins on and allow them to cool before peeling, as it is considered a good thing to have potatoes slightly soggy for salad. Peel potatoes, cut into small pieces or thin slices, and mix with parsley, onion, and French dressing. Set in a cool place for two hours before serving.

POTATO SALAD—No. 2

1 quart new potatoes 1 tablespoon chopped parsley
1 tablespoon oil Salt and pepper
2 tablespoons vinegar Thin mayonnaise or boiled
1 onion dressing
2 stalks celery Cut beets
Lemon Lettuce
1 tablespoon capers

Boil potatoes until done, but not too soft, slice them when cooled and add oil and vinegar. Chop onion and celery very fine, and add, with capers, parsley, and salt and pepper to taste. Pour a thin mayonnaise over the potatoes, mixing thoroughly with a wooden spoon. Garnish with lettuce, a few pieces of lemon and cut beets.

POTATO AND PEA SALAD

2 cups boiled potatoes, diced	$\frac{1}{2}$ cup French dressing Lettuce leaves
1 cup boiled peas, fresh or canned	Mayonnaise

Cover the potatoes with French dressing. Take one cup of stewed or canned peas, drain off liquor and add French dressing. After the potatoes and peas have stood one hour, pour on more French dressing, arrange on lettuce leaves and garnish with mayonnaise.

SPINACH SALAD

1 pint boiled spinach 2 hard-cooked eggs French dressing

Chop the spinach. Chop separately, with a silver knife, the whites and yolks of the hard-cooked eggs and arrange them, mixed, in little mounds on the spinach. Pour over the salad a good French dressing. This salad may be served with roast meat or game.

TOMATO SALAD

3 tomatoes Lettuce leaves 6 tablespoons French dressing

Scald the tomatoes, remove the skins and set the tomatoes where they will become perfectly cold. Just before serving time, cut them in halves, crosswise, and place one piece, with the outside upward, on each serving-plate with one or two leaves of white, crisp lettuce underneath. Pour over each portion a tablespoon of French dressing.

TOMATO AND CELERY SALAD

6 tomatoes	$\frac{1}{3}$ to $\frac{1}{2}$ cup mayonnaise
2 cups celery, diced	Lettuce leaves

Select firm tomatoes of a good size, cut a slice from the top of each, and scoop out all the seeds and soft pulp, being careful not to break the sides. Cut celery into small dice, mix it with mayonnaise dressing, fill the shells with the mixture, place one teaspoon of the dressing on top of each tomato and serve individually on a bed of lettuce leaves, placing three or four small leaves on each plate and the tomato in the center.

TOMATO AND LETTUCE SALAD

3 tomatoes
Lettuce

$\frac{1}{3}$ to $\frac{1}{2}$ cup French dressing
Capers, if desired

Select smooth tomatoes about two inches in diameter. Cut in quarters and arrange on a plate with lettuce leaves or sections of lettuce hearts. If desired, a tablespoon of capers may be added to the dressing.

TOMATO SURPRISE SALAD

6 tomatoes
 $\frac{3}{4}$ cup diced cucumber
 $\frac{1}{2}$ cup diced, cooked
chicken
 $\frac{1}{4}$ cup chopped nuts

$\frac{1}{4}$ cup mayonnaise dressing
Lettuce
Garnish of truffles or walnut-
meats

Select medium-sized smooth tomatoes. Scald and remove the skins. Chill. Carefully scoop the inside out of the tomatoes. Remove the seeds from the pulp. Chill all ingredients, and when ready to serve, mix the chicken, cucumber, tomato pulp, and nuts with the mayonnaise dressing. Add more salt if needed. Fill the tomatoes.

Arrange on lettuce leaves. Garnish with mayonnaise and decorate each tomato top with a slice of truffle or with halves of shelled nuts.

FROZEN TOMATO SALAD

2 cups cooked tomatoes,
fresh or canned
French dressing or
mayonnaise

Sugar
Salt and pepper
Lettuce

Season the tomatoes with sugar, salt and pepper and strain the mixture. Pour into a mold, pack in ice and salt and let stand for three hours. Turn out of the cans and slice. Serve on leaves of lettuce with preferred dressing.

TOMATO AND CUCUMBER SALAD

4 tomatoes
2 cucumbers
Lettuce

2 Spanish onions
4 tarragon leaves
French dressing

Peel good-sized tomatoes, set in a cold place and slice when needed. Peel small cucumbers and slice them very thin. Make a bed of lettuce in a salad-bowl, and lay upon it the tomatoes and then the sliced cucumbers. Add small onion cut into thin slices, and, if desired, add tarragon leaves. Pour over all a French dressing and serve at once.

TOMATO JELLY SALAD

3 cups stewed tomatoes, fresh or canned	1 teaspoon sugar
1 slice onion	Salt
1 stalk celery	$\frac{1}{2}$ box gelatin
1 bay-leaf	$\frac{1}{2}$ cup cold water
1 clove	Lettuce
$\frac{1}{4}$ green pepper pod	Mayonnaise

Cook tomatoes with seasonings. Soak gelatin in cold water, add to boiling tomatoes, strain and pour into cups about the size of a tomato. Make a nest of small green lettuce leaves for each mold when serving, and place one tablespoon of mayonnaise on top of each tomato as it is turned from the mold.

Tomato jelly is often molded in a square pan and cut in diamonds or cubes, when it makes a very acceptable accessory to other salads and an attractive garnish.

ALLIGATOR-PEAR SALAD

2 alligator pears	$\frac{1}{2}$ to $\frac{3}{4}$ cup mayonnaise
Lettuce leaves	or French dressing

Alligator pears, or avocado, are to be had at fancy fruiterers. Cut each pear into six pieces, giving wedge-shaped sections, and if these are too large, cut each section again lengthwise. Peel and arrange wedges of pears on beds of lettuce leaves. Either French dressing or mayonnaise may be used, but the fruit is rich, therefore the French dressing is preferred by many people.

APPLE AND CELERY SALAD

Follow directions for "Waldorf Salad," omitting the nuts.

APRICOT SALAD

2 cups lettuce leaves, shredded	6 stewed apricots, fresh or canned
1 cup sliced bananas	Whipped cream or boiled dressing

On each plate arrange a bed of the shredded lettuce, and place a layer of the sliced bananas, topped by the halves of an apricot. Serve with whipped cream or boiled dressing.

BANANA AND NUT SALAD

3 bananas	$\frac{1}{2}$ cup mayonnaise or boiled
$\frac{1}{2}$ cup nuts	dressing
6 leaves lettuce	

Peel bananas and cut in two lengthwise. Roll in nut-meats. Place on lettuce leaf and garnish with dressing. Equal parts of dressing and whipped cream may be used.

COCONUT FRUIT SALAD

1½ cup mixed diced tart apples and celery	4 tablespoons orange-juice
½ cup shredded coconut	Salt
1 tablespoon lemon-juice	Paprika
4 tablespoons oil	Lettuce leaves
	Currant or plum jelly

Mix the apples, celery, and coconut. Sprinkle with the lemon-juice. Add a French dressing made from the oil and orange-juice, with salt and paprika to taste. Line a salad-bowl with lettuce leaves and pile chilled salad in center. Dot with currant or plum jelly.

COMBINATION FRUIT SALAD

6 halves of stewed pears, fresh or canned	36 white cherries
Lettuce leaves	Boiled dressing

Place the half pears on crisp lettuce leaves. Stone the cherries and arrange them around the pears. Serve with a boiled dressing.

FRENCH FRUIT SALAD

1 orange	1 dozen English walnuts
1 banana	Lettuce
½ pound Malaga grapes	French dressing

Peel the oranges and cut away the sections from the membrane by placing a knife parallel with the membrane and slicing down. If the fruit is allowed to stand in cold water after peeling, the bitter white membrane will come off easily.

Peel the bananas and cut in quarter-inch slices. Remove the skins and seeds from the grapes. Break in small pieces, but do not chop, the walnut-meats. Mix these ingredients thoroughly and place on ice. When ready to serve, place on lettuce leaves and serve with French dressing. This salad is pretty served in an orange basket, or, by substituting the grapefruit pulp for the orange, it may be properly served in the shell of a half grapefruit.

GRAPEFRUIT SALAD

Follow directions for "Combination Fruit Salad" or "Orange Salad."

GRAPEFRUIT AND GRAPE SALAD

2 cups grapefruit sections	$\frac{1}{2}$ cup Malaga grapes, peeled and seeded
2 tablespoons grape-juice	2 tablespoons French dressing

Peel fine large grapefruit and separate the sections, removing every particle of the bitter white inner skin. Peel and seed the grapes and mix with the grapefruit. Set aside, covered, on ice until very cold. Pour over them the grape-juice and French dressing.

WHITE-GRAPE SALAD

1 pound Malaga grapes Lettuce French dressing or mayonnaise

Peel grapes and remove the seeds by cutting the grapes almost in two, with a thin sharp knife. Arrange on lettuce leaves and serve with French dressing or mayonnaise.

ORANGE SALAD

Peel oranges and free the sections entirely from the membrane. Remove seeds, cut sections in halves crosswise, lay on bed of lettuce leaves, and serve with French dressing. Sprinkle with estragon or with minced green pepper, if desired. Minced celery may be added.

PEAR SALAD—No. 1

3 pears	French dressing
Lettuce leaves	Strips of pimienta

After paring the fruit, cut in eighths lengthwise and remove seeds. Arrange on lettuce leaves and serve with French dressing made from oil and lemon-juice. Garnish with strips of pimienta. The dressing will prevent discoloration if it is poured over the pears at once.

PEAR SALAD—No. 2

6 pears	$\frac{1}{2}$ cup broken walnut-meats
6 stalks celery	and stoned olives, chopped
Mayonnaise	Lettuce leaves
Salt and pepper	

Select well-formed pears and cut off a bit of the broad end so that the pear will stand steadily on the plate. With a potato-ball cutter remove the center, leaving enough of the pear to make a thick cup. Cut the celery into dice, add broken walnut-meats and chopped olives and mix all together with mayonnaise, adding a pinch of salt and pepper. Fill the pear cups and serve on lettuce leaves.

PINEAPPLE AND NUT SALAD IN TOMATO BASKETS

1 cup shredded pineapple, fresh or canned	6 tomatoes
1 cup broken nut-meats	Mayonnaise
French dressing	Salt

Mix shredded pineapple with nut-meats and stand in French dressing on the ice. Peel and cut off all the top of each tomato except a strip to form a handle. Carefully scoop out the center and fill with the pineapple and nuts. Place one teaspoon of mayonnaise on top of each basket. This salad requires a liberal amount of salt.

PINEAPPLE AND CREAM-CHEESE SALAD

6 slices canned pineapple	French dressing
1 cup cream cheese	Lettuce leaves
Purple grape-juice	

Work enough grape-juice into the cream cheese to soften it so that it can be made into balls with the hands or with butter paddles. Add the grape-juice cautiously so as not to make the mixture too soft to handle. Place a slice of pineapple on a lettuce leaf, put a cheese ball on top and pour grape-juice and French dressing over all.

TROPICAL SALAD

1 cup cantaloup balls	Any desired dressing
6 slices tomato	Lettuce leaves
Garnish of red pepper	

With a vegetable cutter, cut small balls from a cantaloup that is fairly firm in texture. Arrange several balls on a slice of tomato which has been placed on a nest of lettuce leaves. Garnish with pieces of red pepper or green pepper cut in diamond shapes. Serve with any desired dressing.

WALDORF SALAD

1 cup diced apple	French dressing
1 cup diced celery	Lettuce leaves
½ cup broken walnut-meats	Mayonnaise

Fold together the apple, celery, and nuts with French dressing and serve on lettuce leaves with mayonnaise. Do not allow this to stand long before serving, as the nuts will discolor the fruit.

WASHINGTON SALAD

$\frac{3}{4}$ cup chopped celery	$\frac{3}{4}$ cup canned cherries
$\frac{3}{4}$ cup bottoms of artichokes, chopped	$\frac{3}{4}$ cup diced grapefruit pulp
	Cheese straws

Pile cheese straws in log-cabin style, on a large plate, leaving a center space sufficient to hold the salad. Mix celery, artichokes, cherries and grapefruit pulp with French dressing and decorate with a large spoon of mayonnaise. Serve two cheese straws with each portion of salad.

CREAM-CHEESE SALAD

$1\frac{1}{2}$ cup cream cheese or cottage cheese	6 large or 12 small lettuce leaves
French dressing	

Arrange crisp lettuce leaves on a salad-dish and press cream cheese through a potato-ricer upon them. The cheese must be thoroughly chilled before making a salad, and it should be served immediately. Use French dressing. Pass Bar-le-Duc or guava jelly or strawberry jam with it.

CREAM-CHEESE AND NUT BALLS

$\frac{3}{4}$ cup cream cheese	$\frac{1}{4}$ cup chopped nut-meats or chopped parsley
$\frac{3}{4}$ cup chopped celery	Lettuce leaves
2 tablespoons chopped olives	French dressing

Mix cream cheese with chopped celery and olives and form into balls about the size of a large hickory nut. Roll each ball in chopped nut-meats, English walnut being preferred. Chopped parsley may be substituted for the nut-meats. Arrange on lettuce leaves and serve with French dressing. Guava jelly may be served with this salad.

CHEESE SALAD

1 cup hard cheese	$\frac{1}{2}$ cup finely cut lettuce
Milk or cream	$\frac{1}{2}$ cup pimienta strips
Pepper and salt	Lettuce leaves
6 chopped olives	Boiled or mayonnaise dressing

Put the cheese through a food-grinder and moisten slightly with milk or cream. Add pepper and salt to taste. Add chopped olives, cut lettuce and pimienta strips. Press this mixture into the form of a brick and, when cool and firm, cut in slices. Place on lettuce leaves and serve with boiled or mayonnaise dressing. This mixture is good also for sandwiches.

LETTUCE AND CHEESE SALAD

2 cups shredded lettuce	12 radishes sliced thin
French dressing	Mayonnaise
1 tablespoon grated cheese	Garnish of whole radishes

Mix the shredded lettuce well with French dressing to which grated cheese has been added. Form a nest of this and fill with thin slices of radish which have been mixed with mayonnaise dressing. Garnish each portion with one whole radish cut to form a rose.

EGG AND PEANUT SALAD WITH CELERY

6 hard-cooked eggs	2 tablespoons mayonnaise
$\frac{1}{4}$ to $\frac{1}{2}$ cup chopped peanuts or peanut butter	$\frac{3}{4}$ to 1 cup celery
	Garnish of peanut halves

Cut the eggs in half lengthwise, remove the yolks and combine with chopped peanuts or peanut butter to taste and a little mayonnaise to moisten. Fill the whites with this mixture. Put two halves of egg on a plate, surround with celery cut in short lengths and cut in curls. Put two tablespoons of mayonnaise dressing over each egg and garnish with peanut halves. Lay a halved peanut on each celery curl.

SALAD EGGS

6 hard-cooked eggs	1 teaspoon salt
1 tablespoon butter	1 tablespoon anchovy paste
1 tablespoon cream	Lettuce or cress
$\frac{1}{2}$ teaspoon mustard	Garnish of radishes and small onions
Pinch cayenne	

Remove the shells from the cold, hard-cooked eggs and cut a large piece from the top of each, take out the yolks and mix them to form a paste with butter, cream, mustard, cayenne, salt and anchovy paste. Put this mixture back into the hollows and lay the eggs on a dish of lettuce or cress. Garnish with radishes and small onions.

DAISY SALAD

6 hard-cooked eggs	$\frac{1}{2}$ cup mayonnaise
12 lettuce leaves	

Cut the whites of eggs into rings and mix the yolks with the mayonnaise. On a platter arrange lettuce leaves in a circle so that every two will be in a round or cup-like shape. On these cups arrange the egg rings to simulate daisy petals and heap the yolks in the center.

LAZY-DAISY SALAD

- | | |
|---|----------------------------------|
| 6 hard-cooked eggs | Lettuce |
| 1 to 1½ cup string beans,
boiled whole | Mayonnaise or boiled
dressing |

Slice the eggs and cut the beans lengthwise through the center. Arrange lettuce leaves on salad-plates with the eggs in daisy fashion and the string beans as foliage. Serve with mayonnaise or boiled dressing.

MISCELLANEOUS COMBINATIONS FOR SALADS

- | | |
|---|---|
| 1. Asparagus and tomato | 8. Orange, prune and nut |
| 2. Cabbage, pineapple and
coconut | 9. Prunes stuffed with cottage-
cheese |
| 3. Pea, cheese and pickle | 10. Carrot and shredded lettuce |
| 4. Mashed potatoes combined
with pimiento, green pepper
and hard-cooked egg | 11. Beet and cabbage salad |
| 5. Pineapple, marshmallow and
nuts | 12. Beet and egg salad |
| 6. Rice and carrots | 13. Cabbage, celery and water-
cress |
| 7. Molded fruit gelatin | 14. Mixed vegetables |
| | 15. Orange and Bermuda onion |

CHICKEN SALAD

- | | |
|----------------------|-------------------------------|
| 2 cups diced chicken | Garnish of celery tops, beets |
| 1 cup diced celery | cut into dice, capers, egg- |
| Mayonnaise | yolks, etc. |
| Lettuce | |

Left-over chicken makes a very good salad. To prepare a chicken especially for salad, rub well with salt and pepper, place one small onion and one bay-leaf inside, wrap with a napkin, tie securely and steam for three hours, or until a fork can be easily turned around in the meat. When the chicken is cold, cut the breast with a knife into pieces not too small and sprinkle with French dressing. The dark meat should not be used if a pretty salad is desired. If dark meat is used, cut in smaller cubes than white meat and the white meat will predominate in appearance. Marinate the chicken mixture and let it stand. Make a mayonnaise dressing, stir part of it into the celery, place the latter on a thin layer of lettuce, or else arrange it directly upon the salad-dish and dispose the tips of the celery prettily about the edge. Heap the chicken mixture in the center, pour over it the remainder of the mayonnaise, and garnish with white celery tops, beets cut in dice, capers, cold hard-boiled yolks of eggs that have been pressed through a colander, or any other arrangement that pleases the fancy.

CRAB SALAD

- | | |
|-------------------------------------|--|
| 1 cup crab-meat, fresh or
canned | Garnish of crab claws, hard-
cooked eggs, parsley, cel-
ery tops, etc. |
| French dressing | |
| Mayonnaise | |

If fresh crabs are used, prepare as directed. (See Index.) Cut up an amount of celery equal to crab-meat. Marinate with French dressing. Place the mixture in the salad-bowl, pour over the top a mayonnaise dressing and garnish with crab claws and hard-cooked eggs in alternation with bits of green, such as parsley, and the leaves of the celery.

Canned crabs make very good salad. If there is any oil in the can, drain it off before using the crabs, sprinkle the latter well with salt and vinegar, and drain again before adding the dressing.

FISH SALAD

- | | |
|----------------------------------|----------------------|
| 1 pound haddock or other
fish | 1 cup chopped celery |
| 2 tablespoons oil | Lettuce |
| 1 tablespoon vinegar | Mayonnaise |

Wrap the haddock in a clean cloth and boil it for ten minutes in salted water. The remains of almost any cold fish may be used in this way very satisfactorily, but the salad is more successful when made of fish that will flake nicely, such as salmon, cod, haddock, or halibut. Canned salmon will also make a very good salad. Remove the bones, pick the fish into fine bits while hot, turn over it oil mixed with vinegar and set away in a cold place. When about to serve, chop celery and add to the fish. Arrange crisp white leaves of lettuce in cup shapes on a platter, using one or two leaves for each, then lay one spoonful of the mixture in each cup and pour over it one spoonful of mayonnaise.

LOBSTER SALAD

- | | |
|------------------------------|------------|
| 1½ cup diced lobster
meat | Vinegar |
| ½ cup diced celery | Mayonnaise |
| | Lettuce |

Prepare lobster as directed (see Index). Remove the meat. Reserve the creamy or green fat, together with the coral. If there are eggs on the tail fins, save them also. Cut the meat not too small. Sprinkle a very little vinegar over the lobster, but keep the celery crisp until it is time to make the salad. Then mix the meat and celery together, stir in enough mayonnaise to moisten and flavor the whole.

Arrange the salad on the center of a bed of crisp white lettuce bordered with green lettuce leaves laid under the outer edges. Pour on the remainder of the mayonnaise and sprinkle over it the coral, well pounded, and if liked the eggs and a few capers. Garnish with the claws. Sometimes lettuce leaves are arranged on a platter in cup-like clusters of two or three each, and the salad is divided equally among the clusters. The salad may be served in the cleaned lobster shells.

OYSTER SALAD

1 quart oysters	2 tablespoons vinegar
1 tablespoon oil	1 tablespoon lemon-juice
$\frac{1}{2}$ teaspoon salt	1 pint celery
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{2}$ cup mayonnaise

Clean the oysters (see Index) and place them in a stewpan on the fire, adding no water. When they are boiling, turn them into a colander to drain. When drained, place them in an earthenware dish, and add the oil, salt, pepper, vinegar and lemon-juice. When cold, set the dish in the ice-box for at least two hours. Cut the white part of the celery into very thin slices, and place it in a bowl in the ice-box, adding a piece of ice to the celery to keep it crisp. When ready to serve, drain the celery, mix with the oysters and half of the mayonnaise. Turn the whole into a salad-bowl, and pour over it the rest of the dressing. Garnish with white celery leaves and serve at once.

If preferred, lettuce leaves may be arranged on a large platter in groups of two or three to form cups and in each cup may be dropped four or five oysters with one spoonful of mayonnaise poured over them. A tiny spray of parsley may be thrust into the sauce at the center of each cup.

SALMON SALAD—No. 1

1 cup cold boiled salmon, fresh or canned	1 cup shredded cabbage or chopped celery
Mayonnaise	Lettuce leaves

Combine salmon, broken in flakes, and shredded cabbage or celery. Serve with mayonnaise on lettuce leaves.

SALMON SALAD—No. 2

1 salmon, weighing 5 to 10 pounds	Capers
Salt	Oyster-crabs, if obtainable
Mayonnaise	Lettuce leaves
	Garnish of hard-cooked eggs

For a rather elaborate supper this makes a very handsome dish. Rub the salmon with salt, wrap in a cloth and steam or boil until

tender. Pull off the skin while hot, and arrange the fish at once upon a platter so that it may retain its shape when cold. Just before serving time, pour a rich mayonnaise over it, and sprinkle with capers, and if obtainable a small quantity of oyster-crabs. Lettuce leaves may be prettily arranged about the edges of the platter and slices or quarters of hard-cooked eggs may be laid upon them. The lettuce and eggs are served with the salmon, which should be carved with a fish-knife, and a little more dressing may be added to each portion from a mayonnaise bowl.

SARDINE SALAD

$\frac{3}{4}$ cup sardines	Lettuce leaves
$\frac{3}{4}$ cup hard-cooked egg	Mayonnaise or French dressing
1 cucumber	

Remove the skin and bones from sardines and mix with chopped hard-cooked eggs. Cut cucumber in thin slices and arrange on lettuce leaves. Add sardine and egg mixture. Serve with mayonnaise or French dressing.

SHRIMP SALAD

1 pint cooked shrimps or prawns, fresh or canned	Lettuce, shredded celery, or shaved cabbage
Marinade	Mayonnaise or other dressing

Marinate the shrimps and serve whole on lettuce, shredded celery, or finely shaved cabbage, and cover well with a mayonnaise or other dressing. Canned shrimps are excellent for salads.

SPINACH AND HAM SALAD

2 cups cooked spinach, fresh or canned	Any desired dressing
6 slices cold boiled ham	Lettuce leaves

Drain the spinach and season with salt, pepper, and either vinegar or lemon-juice. Pack tightly in twelve small molds to cool. Place slices of cold boiled ham on young lettuce leaves and place two molds of spinach on opposite sides of each slice of ham. Serve with any salad dressing desired.

SWEETBREAD SALAD

1 pair sweetbreads	$\frac{1}{8}$ teaspoon pepper
1 tablespoon vinegar	6 heart leaves lettuce
$\frac{1}{2}$ tablespoon oil	1 cup celery, thinly sliced
$\frac{1}{2}$ teaspoon salt	1 cup mayonnaise

Prepare the sweetbreads (see Index). Cut them in cubes, add oil, salt and pepper, and place in the refrigerator for one hour. Prepare

the lettuce and celery, and put them also on ice to chill. Just before serving time, fold the celery and sweetbreads together and add half the dressing. Arrange the lettuce leaves on a flat dish, divide the sweetbread mixture into six parts, and place one part on each leaf. Put the remainder of the dressing upon the salad and serve at once.

TUNAFISH SALAD

Follow directions for "Fish Salad," or for "Salmon Salad—No. 1," using celery in the latter, rather than cabbage.

Salad Dressings

There are three general kinds of salad dressings which are the foundation for practically all others used: French dressing, mayonnaise dressing and boiled dressing.

French dressing, made from oil and acid, is the most widely used dressing. Ever since the ancient Roman discovered the fine flavor that olive oil and acid impart to food, this dressing has been used. Vinegar is the acid generally used with the oil in vegetable and meat salads, while in fruit salads the juice of lemons, grapefruit or oranges is used.

Epicures prefer the simple French dressing for salads served without fish or fowl; and for chicken and fish salads and for some kinds of vegetables, such as tomatoes, and cauliflower, they use mayonnaise.

In the choice of oils to be used in dressing, it must be remembered that olive oil has the most distinct flavor and cotton-seed oil the least, and more condiments are necessary with the latter.

FRENCH DRESSING

3 tablespoons oil	$\frac{3}{4}$ teaspoon pepper
$\frac{3}{4}$ to 1 tablespoon vinegar	1 teaspoon salt
or lemon-juice	

These ingredients make a simple French dressing. Many salad-lovers add one or more other ingredients to give a particular tang or flavor. The French always rub the bowl in which the salad-dressing is made with a clove of garlic. Tarragon, or e-stragon, vinegar may be used instead of plain vinegar, or some leaves of tarragon or estragon, procurable at the large markets, may be cut in bits and sprinkled over the salad.

If the French dressing is made at table, a small china or glass tray, set with oil and vinegar cruets, salt-cellar, peppercorn-grinder, paprika-shaker, bottle of Worcestershire sauce, and a bottle of pearl onions, is passed to the person who serves the salad. Small silver stands for holding these ingredients are now found in the shops.

Mix the oil, salt and pepper together and slowly add the vinegar, stirring constantly. In dressing a salad at the table, the dressing may be made in a separate bowl and then poured upon the vegetables, the latter being tossed lightly for a few seconds and then served, or it may be done in the following graceful way: Hold a salad-spoon (or a tablespoon) over the salad, put into it the salt and the pepper, and then fill with the oil the remaining space, mix with a fork, and then pour upon the vegetables, distributing well; add the remaining proportion of oil, a spoonful at a time, tossing the salad lightly; at the last add the vinegar, toss again and serve. Or all ingredients may be placed in a cruet and shaken vigorously, then poured over the salad.

If the French dressing is made before the meal, the addition of a small amount of egg-white beaten with the dressing will make the emulsion more permanent.

VARIATIONS FOR FRENCH DRESSING

Many variations may be made by the addition of other ingredients to the French dressing. Grated cheese may be added, also bits of parsley, catchup, horseradish, garlic, green peppers, and other condiments.

FRENCH DRESSING WITH TARRAGON VINEGAR

Gather tarragon leaves before the plant blooms. Use fresh or dried. Bruise leaves, steep in white-wine vinegar one-half hour and strain. When cool, combine by shaking in a bottle with twice as much olive or substitute oil. Season. (See list of herbs, etc.)

Use for lettuce or other salads and as a marinade for cold chopped meats for salads. If tarragon is left in vinegar several weeks, a bitter flavor is secured.

MAYONNAISE DRESSING—No. 1

The other oil dressing, known as mayonnaise, is made from oil, acid and seasonings with the addition of the egg. In a way, this is the true French dressing, because it was the people of France who first added egg to oil dressing. If one does not care to make it at home, it may be purchased in jars on the market.

Mayonnaise should not be allowed to freeze, as this causes a separation.

A round-bottomed bowl is best to use if the mayonnaise is to be made with a Dover egg-beater, a silver-blade beater or a French whip. There are patent mayonnaise makers which are good and a small electric beater makes an excellent instrument. All utensils should be cold when used. Place them in the refrigerator before use.

All materials should be thoroughly chilled before being used in the making of mayonnaise.

Mayonnaise is usually made as follows:

2 raw egg-yolks	$\frac{1}{8}$ teaspoon mustard
$\frac{1}{2}$ teaspoon salt	3 tablespoons vinegar or lemon- juice
$\frac{1}{4}$ teaspoon pepper	2 cups olive oil or substitute
$\frac{1}{4}$ teaspoon paprika	

To the yolks add the seasonings, beat thoroughly, add the vinegar, or lemon-juice, and beat again. Add the oil gradually (drop by drop at first). The mixture should be thick and creamy. Should the mayonnaise curdle, begin with a third egg-yolk, add a small quantity of oil to the egg, and then by very small quantities, add the curdled dressing. At times a dressing may be quite firm when left, only to be found curdled and disappointing when the time comes to use it. This third-egg process will, however, usually restore it. Equal proportions of vinegar and lemon-juice may be used. Tarragon vinegar is sometimes used instead of the ordinary kind.

VARIATIONS IN THE MAKING OF MAYONNAISE DRESSING

Mayonnaise dressing takes on a new flavor if chopped pickles, olives, mangoes, pimiento or celery are added.

Mayonnaise may be extended by adding a corn-starch paste to it. This paste may be made on the proportion of two tablespoons of corn-starch to one cup of water. It must be smooth, transparent and well-cooked, so that the corn-starch taste is destroyed. If this paste is used, the mayonnaise needs to be seasoned more highly.

MAYONNAISE DRESSING—No. 2

1 egg-yolk, hard cooked	$\frac{1}{4}$ teaspoon Worcestershire sauce
1 egg-yolk, raw	1 cup oil
$\frac{1}{2}$ teaspoon sugar	3 tablespoons vinegar or lemon-juice
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{4}$ teaspoon pepper	
$\frac{1}{2}$ teaspoon made mustard	

Place the hard-cooked egg-yolk in a bowl, and mash it finely with the back of a silver spoon or with a wooden salad-masher. When the yolk is like powder, add the raw yolk and stir until the mixture is smooth, then put in the sugar, salt, pepper, mustard and sauce. When the whole is well mixed, add the oil by degrees, stirring continually, and thin as necessary with vinegar or lemon-juice. Place on ice for one hour before using.

WHIPPED-CREAM MAYONNAISE

When the dressing is to be used within twenty-four hours, add one-third cup of cream, beaten stiff, to either mayonnaise. Cream mayonnaise is always thinner than the original dressing.

COLORED MAYONNAISE

Mayonnaise may be colored green in the following manner: Boil two cups of spinach until tender, drain it, let it cool and squeeze dry. Mash it thoroughly by pounding, adding one spoonful of the mayonnaise, pass the whole through a fine sieve and mix with the dressing. A lighter shade may be obtained by boiling and mashing green peas and using them in the same way.

To produce a red tint for a lobster or fish salad, pound the coral of a lobster, pass it through a fine sieve, and add it to the dressing.

RUSSIAN DRESSING

1½ tablespoon lemon-
juice
2 tablespoons thick chilli
sauce

1 tablespoon Worcestershire
sauce
½ cup mayonnaise

Mix the lemon-juice, chilli sauce and Worcestershire thoroughly and add the mayonnaise.

THOUSAND ISLAND SALAD DRESSING

1 cup mayonnaise
4 tablespoons chilli sauce
1 tablespoon chives
3 tablespoons catchup
1 teaspoon tarragon vinegar

1 tablespoon chopped green
pepper
3 tablespoons chopped red pepper
1 teaspoon paprika

Add chilli sauce, chives, catchup, peppers, paprika and vinegar to mayonnaise.

BOILED DRESSING—No. 1

¼ cup vinegar
¾ tablespoon sugar
¼ tablespoon flour
⅛ tablespoon mustard
¼ teaspoon salt

⅛ teaspoon pepper
1 egg-yolk
¼ tablespoon butter or
butter substitute

Heat the vinegar. Sift the dry ingredients thoroughly, add to the slightly beaten egg-yolk, and beat together well. Pour the boiling vinegar gradually upon the mixture, stirring constantly. Put in the upper part of the double boiler and cook over hot water until it thickens,

stirring all the time. Add the butter or butter substitute, and remove from the fire. Serve when cold, with or without the addition of cream, which may be whipped.

This kind of dressing may also be bought on the market. When made at home, the beaten whites of eggs or cream, plain or whipped, are often added before serving.

BOILED DRESSING—No. 2

$\frac{1}{2}$ cup vinegar	$\frac{1}{2}$ teaspoon mustard
1 teaspoon butter or butter substitute	$\frac{1}{8}$ teaspoon salt
3 egg-yolks	$\frac{1}{16}$ teaspoon cayenne
1 tablespoon sugar	Whipped cream, sweet or sour

Heat the vinegar to the boiling-point and melt the butter or butter substitute in it. Beat the egg-yolks until thick and lemon-colored. Add the sugar, mustard, salt and cayenne, mixed. Gradually pour the hot vinegar on the yolk mixture, and cook in a double boiler until thick, stirring constantly. Add whipped cream just before serving.

BOILED DRESSING—No. 3

$\frac{1}{2}$ cup cream	2 teaspoons mustard
2 tablespoons butter or butter substitute	$\frac{1}{4}$ teaspoon salt
2 tablespoons corn-starch	$\frac{1}{16}$ teaspoon cayenne
$\frac{1}{4}$ cup milk	$\frac{1}{4}$ cup lemon-juice
1 tablespoon sugar	2 egg-whites
	$\frac{1}{4}$ cup whipped cream

Put the cream and butter or butter substitute in a saucepan and gradually add the corn-starch moistened with the milk. Cook until the starch is cooked. Add sugar, mustard, salt, cayenne and lemon-juice. Mix well, stir in the stiffly beaten whites of eggs and cool. If whipped cream is desired, add just before serving.

SOUR-CREAM SALAD DRESSING

1 teaspoon salt	1 tablespoon lemon-juice
1 teaspoon sugar	2 tablespoons vinegar
$\frac{1}{8}$ teaspoon cayenne	1 cup sour cream

This makes an excellent dressing for vegetable salads. Place the salt, sugar, and pepper together in a bowl, mix well and add the lemon-juice, then the vinegar. When the mixture is perfectly smooth, put in the cream, stir well and set on the ice until needed.

DRESSING FOR MEAT SALADS

Tartar sauce and Hollandaise sauce (see Index for recipes) can be used with meat salads very nicely, if desired.

COOKIES, DOUGHNUTS, GINGER-BREAD AND SMALL CAKES

Cookie doughs range from very soft to stiff. The softer dough may be shaped by dropping from a spoon on to a baking-sheet or may be rolled and shaped with a cutter, a knife or a pastry wheel. The soft doughs are more difficult to handle than the stiffer ones, and some practise is necessary to obtain perfect results.

Stiff doughs are usually rolled out and shaped by cutting. Sometimes small balls of the dough are made and flattened by pressing with the hand, a broad knife or a rolling-pin.

Cookie doughs are easier to handle if they are allowed to stand for a time (ten to thirty minutes) in a cold place before rolling. This allows the moisture to be more completely absorbed and hardens the fat, both of which tend to prevent the dough from being sticky even though it may be soft.

In rolling, take out on the lightly floured board only as much dough as can be handled easily. Flour the rolling-pin and use only as much pressure as is necessary to spread the dough out into a sheet of the thickness desired. Dip the cutter, knife or wheel in flour and cut the shapes close together so as to avoid undue trimmings. Lift the shapes by means of a broad knife or spatula on to the greased baking-sheet, allowing a little space between each for possible spreading. Save all trimmings for the last rolling. The last cookies will not be of the same texture as the first because of extra flour which may be worked into the dough in the process of mixing the trimmings into a uniform mass for rolling again.

If the dough is too soft to handle in the beginning, more flour can be added, but the texture of the finished cookie will be different in proportion to the amount of added flour.

Plain cookies may be made more attractive by varying the size or shape, using a fancy cutter or cutting "free hand" into shapes of animals, dolls, clowns, trees, etc. These may be frosted or otherwise decorated with such things as nuts, candies, melted chocolate, marshmallows, colored frosting, etc.

Cookies may be put together sandwich fashion, using any cake filling or frosting, fruit paste, jam, jelly, peanut butter, etc., suiting the filling to the flavor and consistency of the cookie and the occasion. These may then be completely covered with frosting and rolled, while moist, in chopped nuts or shredded coconut, if desired.

SUGAR COOKIES

$\frac{1}{2}$ cup butter or butter substitute	2 teaspoons baking-powder
1 cup sugar	$\frac{1}{4}$ cup milk
1 egg	$\frac{1}{2}$ teaspoon salt
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon vanilla

Cream the fat and mix well with the sugar, add beaten egg and the flour, baking-powder and salt sifted together, alternating with the milk. Roll or shape as desired. Sprinkle with sugar before baking.

PLAIN COOKIES

$\frac{1}{3}$ cup butter or butter substitute	2 cups flour
$\frac{1}{2}$ cup sugar	$\frac{1}{8}$ teaspoon salt
1 egg	$\frac{1}{2}$ cup milk
2 teaspoons baking-powder	$\frac{1}{2}$ teaspoon vanilla

Cream together thoroughly the butter or butter substitute and the sugar. Add the slightly beaten egg. Mix and sift the dry ingredients and add alternately with the milk to the first mixture. Add flavoring. Toss on lightly floured board, roll thin, cut and place on a greased baking-sheet. Bake in a moderate oven twelve to fifteen minutes.

EGGLESS COOKIES

$\frac{1}{2}$ cup butter or butter substitute	$2\frac{1}{2}$ teaspoons baking-powder
1 cup sugar	$\frac{1}{8}$ teaspoon salt
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup milk
	1 teaspoon vanilla

Cream the butter or butter substitute with the sugar. Mix and sift the dry ingredients and add alternately with the milk to the first mixture. Add flavoring. Toss on a floured board and roll out thin. Cut in fancy shapes. Bake in moderate oven twelve to fifteen minutes.

SAND TARTS

$\frac{1}{2}$ cup fat	2 teaspoons baking-powder
1 cup sugar	$\frac{1}{4}$ teaspoon cinnamon
1 egg	Nuts or raisins
$1\frac{3}{4}$ cup flour	

Cream fat, add sugar slowly, then the unbeaten egg. Sift flour and baking-powder, and add more flour to make stiff dough. Roll out

very thin. Cut with a doughnut cutter. Sprinkle with sugar and cinnamon, and, if desired, decorate with nuts or fruit. Bake quickly till browned.

ROLLED COOKIES

$\frac{1}{4}$ cup butter or butter substitute	$\frac{3}{8}$ cup bread flour
$\frac{1}{4}$ cup milk	$\frac{1}{2}$ cup powdered sugar
	$\frac{1}{2}$ teaspoon vanilla

Cream fat, add sugar gradually, and flour and milk alternately. Add flavoring. Spread very thin on a greased dripping-pan, inverted. Mark in three-inch squares or circles with a cutter. Bake in a slow oven until nicely browned, cut apart quickly, and roll while warm into tubular or cornucopia shape. They may be rolled over the handle of a wooden spoon, if desired. Keep pan with remainder in warm place, and work as quickly as possible. If they become too brittle, place in oven to soften. The tubular ones may be tied in bunches with narrow ribbon, and served with sherbet, ice-cream, or chocolate. If rolled in cornucopia shape, they may be filled with whipped cream, ice-cream, or any dainty mixture, just before serving.

LEMON WAFERS

1 cup butter or butter substitute	3 eggs
2 cups sugar	3 tablespoons lemon-juice
	Flour

Cream the butter or butter substitute, add the sugar and well-beaten eggs, and lemon-juice. Stir in flour enough to make as soft a dough as can be rolled. Roll very thin and shape with a cutter. This recipe may be used for vanilla, chocolate, or orange wafers.

CARAWAY COOKIES

$\frac{1}{2}$ cup butter or butter substitute	2 teaspoons baking-powder
1 cup sugar	$\frac{1}{2}$ teaspoon salt
1 egg	$\frac{3}{4}$ cup milk
2 cups flour	1 $\frac{1}{2}$ tablespoon caraway seeds

Cream the butter or butter substitute with the sugar; add beaten egg. Mix and sift the flour, baking-powder, and salt, and add alternately with the milk to the first mixture. Add caraway seeds. Toss on lightly floured board. Roll out about one-half inch thick and cut in fancy shapes. Place on greased baking-sheet and bake in moderate oven twelve to fifteen minutes.

"FROZEN" COOKIES

2 cups melted fat	1 teaspoon cinnamon
1 cup white sugar	4 cups flour
1 cup brown sugar	1 teaspoon soda
3 eggs	Brazil nuts, filberts or almonds
1 teaspoon salt	

Mix ingredients in the order given, sifting all the dry ingredients together before adding. Mold in long rolls or pack in a deep pan like a bread-pan and roll in clean cloth. Let stand in a cold place until hard. Slice thin, and bake in a moderate oven until a golden brown. A roll may be kept indefinitely in a cold place.

These cookies are excellent to keep on hand, especially when the dough can be kept out-of-doors in cold weather. In case of an emergency they are easily brought in and quickly baked. Nuts in these cookies are very attractive when put in whole.

FILLED COOKIES

1 cup sugar	3½ cups flour
½ cup fat	3 teaspoons baking-powder
1 egg	½ teaspoon salt
½ cup milk	1 teaspoon vanilla

Mix ingredients in order given, sifting the flour with the baking-powder and salt before adding it. Roll thin, cut, and put in greased pans. Place a teaspoon of filling on each, not allowing it to spread to the edge, place another cookie on top, press down the edges, and bake in shallow pans in a moderate oven.

For the filling, take:

½ cup sugar	1 cup chopped raisins
1 tablespoon flour	½ cup water

Mix sugar and flour together, add to the other ingredients, and cook until thick, stirring constantly. Dates, figs, prunes, apricots, or any marmalade may be used instead of raisins.

FRUITINA COOKIES

1 cup sugar	1 teaspoon soda
½ cup shortening	1 teaspoon lemon extract
1 egg	5 cups sifted pastry flour
1 cup sour milk	1 teaspoon salt

Cream the sugar with the fat, add the egg well beaten, the sour milk and soda, the lemon flavoring, the flour and the salt. The dough

should be thick enough to roll. The amount of flour required may vary. Roll very thin, cut into shapes desired, and between each two put a teaspoon of the following filling:

$\frac{1}{2}$ cup chopped fruit (figs, dates or raisins)	2 tablespoons sugar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup water

Cook these ingredients together on the stove, thickening, if necessary, with a little flour mixed with cold water.

Bake cookies in a moderately hot oven for ten or fifteen minutes.

BROWN-SUGAR COOKIES

2 cups brown sugar	1 tablespoon vanilla
1 cup melted fat	1 teaspoon soda
3 eggs	Flour to mix stiff
$\frac{1}{4}$ cup milk	

Mix ingredients in order given. Add just enough flour to roll. Cut into shapes as desired. Sprinkle with brown sugar, and bake in a moderate oven.

CHOCOLATE DROP COOKIES

2 squares chocolate	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup butter or butter substitute	1 egg
1 cup brown sugar	2 cups flour
	$\frac{3}{4}$ cup sweet milk

Melt the chocolate and add to the melted fat. Add sugar, egg, milk, and soda and flour sifted together. Batter should be stiff enough to drop from the spoon. Drop by spoonfuls on greased pans, and bake in a moderate oven. Frost, if desired.

BROWNIES

2 squares chocolate	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup fat	$\frac{1}{2}$ cup flour
1 cup white sugar	$\frac{1}{2}$ cup nuts
1 egg	

Melt chocolate and add it to the melted fat. Add sugar, egg, salt and flour. Mix in chopped nuts, pour in greased baking-pans, and bake about twenty-five minutes. They will look half baked, but mark off in squares or strips when you take them from the oven, and they will harden as they cool. Remove from the pans when cool. Serve with afternoon tea. These cookies resemble fudge in taste and appearance.

GINGER SNAPS

1 cup molasses	3 cups flour
$\frac{1}{2}$ cup butter or butter substitute	1 teaspoon soda
1 teaspoon salt	2 teaspoons ginger

Heat the molasses and fat. Mix and sift the dry ingredients and add to first mixture. Thoroughly chill, toss on lightly floured board, and roll out very thin. Cut as desired. The bowl containing the remaining dough must be kept in a cool place or it will be necessary to add more flour. Excess flour will make the cookies hard and unattractive. Put on greased baking-sheet and bake in a moderate oven twelve to fifteen minutes.

CRISP GINGER COOKIES

1 cup brown sugar	2 teaspoons ginger
$\frac{1}{2}$ cup molasses	$\frac{1}{3}$ cup vinegar
1 cup fat	Flour to mold
1 tablespoon soda	

Mix brown sugar, molasses and corn sirup. Add melted fat. Sift soda and ginger with one cup of flour. Add vinegar, and enough flour to roll very thin. Bake in a moderate oven, watching carefully, as ginger cookies burn rather easily.

PEANUT COOKIES—No. 1

$\frac{1}{4}$ cup butter or butter substitute	$\frac{1}{2}$ teaspoon salt
1 cup brown sugar	2 cups flour
2 eggs	2 teaspoons baking-powder
$\frac{1}{4}$ cup milk	1 to 2 cups chopped peanuts

Melt fat, add brown sugar, eggs and milk. Add sifted salt, flour and baking-powder, and chopped peanuts. Drop by teaspoonfuls on greased pans, an inch or two apart. Place a half peanut on each and bake in a quick oven.

PEANUT COOKIES—No. 2

$\frac{1}{4}$ cup butter or butter substitute	2 teaspoons baking-powder
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
2 eggs	1 tablespoon milk
1 cup flour	1 cup chopped peanuts
	1 teaspoon lemon extract

Cream the butter or butter substitute with the sugar. Add the well-beaten eggs. Sift in the dry ingredients and add the milk,

chopped nuts and flavoring, mixing well. Drop by teaspoonfuls on to a greased baking-sheet and place a peanut on top of each. Bake in a moderate oven twelve to fifteen minutes.

SOUR-MILK JUMBLES

- | | |
|-----------------------------------|-----------------------------|
| 1 cup butter or butter substitute | 6 cups flour |
| 2 cups sugar | $\frac{1}{2}$ teaspoon salt |
| 3 eggs | 1 teaspoon soda |
| 1 cup sour milk | $\frac{1}{2}$ grated nutmeg |

Cream the butter or butter substitute with the sugar and add the eggs, well beaten. Mix and sift the dry ingredients and add alternately with the milk to the first mixture. Drop by spoonfuls on a greased baking-sheet. Bake in a moderate oven twelve to fifteen minutes.

RAISIN ROCKS

- | | |
|-----------------------------------|----------------------|
| 1 cup butter or butter substitute | 1 teaspoon ginger |
| 1 cup brown sugar | 2 teaspoons soda |
| 1 teaspoon salt | 2 cups molasses |
| Flour | 1 cup seeded raisins |

Cook the butter or butter substitute, sugar, molasses, ginger and salt together. Stir the mixture until it boils and boil it five minutes. Pour into a bowl and stir in flour and soda sifted together until it is stiff enough to drop from a spoon. Add the raisins and drop from a spoon on to a greased shallow pan. Bake the rocks in a moderate oven.

MAPLE-SUGAR ROCKS

- | | |
|-------------------------------------|---------------------------------|
| 1 cup butter or butter substitute | 3 eggs |
| 1 teaspoon cinnamon | 1 $\frac{1}{2}$ cup maple sugar |
| 1 cup raisins | 2 tablespoons molasses |
| 1 $\frac{1}{2}$ cup English walnuts | 2 $\frac{1}{2}$ cups flour |

Melt fat, add crushed maple sugar, molasses, eggs, and cinnamon. Mix in chopped raisins, chopped nuts, and flour. Drop by spoonfuls on greased pans, and bake in a hot oven.

HERMITS

- | | |
|---|---------------------------------------|
| $\frac{1}{2}$ cup butter or butter substitute | 1 tablespoon molasses |
| $\frac{1}{2}$ cup sugar | 1 teaspoon each of all kinds of spice |
| 2 eggs | $\frac{1}{2}$ teaspoon soda |
| 1 cup chopped raisins | Flour |

Cream fat, add sugar gradually. Add eggs, molasses and raisins. Sift soda and spices with one cup of flour, and mix all thoroughly. Add enough flour to make quite a stiff dough, and roll. Bake in a moderate oven.

HONEY HERMITS

1 $\frac{1}{3}$ cup strained honey	1 cup chopped raisins
$\frac{1}{3}$ cup fat	1 $\frac{1}{2}$ teaspoon cinnamon
2 eggs	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ cup milk	3 $\frac{1}{2}$ cups flour
$\frac{1}{2}$ teaspoon salt	3 teaspoons baking-powder

Mix strained honey and melted fat. Add eggs, milk, salt and raisins. Sift cinnamon, cloves, and baking-powder with the flour. Beat well, and drop on a greased pan. Bake in a quick oven until brown.

HONEY GINGERNUTS

1 cup strained honey	1 egg
1 cup sugar	1 tablespoon ginger
1 cup melted butter or butter substitute	1 cup chopped nuts
2 teaspoons baking-powder	1 $\frac{1}{4}$ cup flour

Mix honey, sugar, melted fat, and beaten egg. Add chopped nuts, and baking-powder and ginger sifted with one cup of the flour. Add enough flour to drop from a spoon on to a greased pan. Bake in a moderate oven.

OATMEAL COOKIES

$\frac{1}{2}$ cup sugar	1 teaspoon cloves
$\frac{1}{2}$ cup molasses	1 teaspoon soda
$\frac{3}{4}$ cup fat	2 cups flour
2 eggs	1 cup chopped raisins
$\frac{1}{4}$ cup sweet milk	2 cups oatmeal
2 teaspoons cinnamon	

Mix ingredients in the order given. Melt the fat before adding it, and sift the soda and spices with the flour. Drop by teaspoonfuls on greased pans and bake in a moderate oven.

BOHEMIAN CHRISTMAS COOKIES

Yolks of 2 hard-cooked eggs	1 tablespoon milk
$\frac{1}{3}$ cup butter or butter substitute	Flour to stiffen for rolling
$\frac{1}{3}$ cup sugar	3 tablespoons finely chopped blanched almonds
Yolk of 1 egg	

Put the hard-cooked yolks of eggs through a ricer or sieve and cream with the butter or butter substitute. Add the sugar, cream again, then stir in the uncooked egg-yolk, the milk, and sifted flour. The dough should be stiff enough to roll. Cut into small round shapes with cooky-cutters, brush these with beaten egg-white and sprinkle with finely chopped almonds. Bake in a slow oven (300° F.).

CHRISTMAS PEPPERNUTS

2 cups brown sugar	1 cup chopped nuts
2 eggs	2 teaspoons cinnamon
1 teaspoon soda	1 teaspoon nutmeg
1 tablespoon hot water	3½ cups sifted bread flour

Mix the sugar with the well-beaten eggs, add the soda dissolved in hot water, the nuts, and the spices sifted with the flour. Add more flour if necessary to make a dough stiff enough to roll. Roll out until the dough is about one-eighth inch thick. Cut in tiny rounds about as large as a quarter of a dollar and bake in a quick oven until brown. Roll at once in powdered sugar.

SWISS CRUMPETS

4 eggs	1 teaspoon salt
1 pint milk	1 tablespoon butter or butter substitute
6 to 9 cups sifted bread flour	

Mix the ingredients in the order given, adding more flour if necessary to make the dough stiff enough to roll. Take one-fourth of the dough and roll as thin as possible. Cut into pieces about two or three inches square, allow them to stand for a few minutes, then stretch each piece carefully until it is three times its original size and as thin as tissue-paper. Be sure to stretch the edges.

Fry in deep fat, removing each crumpet from the fat as soon as it becomes a delicate brown shade. If the fat is the right temperature, it should not take longer than one minute to fry a crumpet. As soon as the crumpets are removed from the fat and drained, they should be dusted with powdered sugar.

These are called variously "Swiss Crumpets," "English Butterflies," "Moonshine" and "Hypocrites." The Swiss always make them for the Christmas holidays and because the old wives used to stretch the pieces of dough over the knee the crumpets were often known as "knee blatzil," which is Swiss for "knee patches."

For making Swiss crumpets, the whole family should be summoned to the kitchen, where the children vie with each other in stretching the dough, each striving to stretch a crumpet very thin without a hole appearing anywhere. When you have tried it, you will realize what a praiseworthy feat this is.

CLOWN COOKIES

1 cup shortening
2 cups sugar
2 eggs
1 cup sour milk

Caraway seeds
1 teaspoon soda
Flour

Cream fat, add sugar gradually, then eggs, and sour milk. Add caraway seeds and soda sifted with a little flour. Add flour to roll. Cut in the shape of clowns, or clowns' faces, and frost with white and chocolate frosting.

SURPRISE COOKIES

Use the recipe for filled cookies or fruitina cookies. Vary the filling by using apricots, prunes, nuts, or any kind of jam or marmalade. Several fillings may be used in making one recipe of cookies.

SWEET-MILK DOUGHNUTS

1 tablespoon butter or
butter substitute
1 cup sugar
2 eggs
1 cup milk

3 teaspoons baking-powder
1 teaspoon salt
1 teaspoon nutmeg
Flour

Beat the eggs till very light, add the sugar and when foamy add the melted butter or butter substitute. Sift the baking-powder, salt and nutmeg with one cup of flour and stir into first mixture, alternating with the milk so as to keep the mixture smooth. Add just enough flour to make a soft dough which can be handled. Roll out three-fourths inch thick on a lightly floured board. A soft dough makes light, tender doughnuts when cooked. Fry in deep fat and drain on unglazed paper. Test the fat for temperature as directed on page 4, or by using a thermometer (see table of temperatures). Fat should never smoke, as this produces harmful by-products (see page 24).

Roll the doughnuts in powdered sugar just before serving.

SOUR-MILK DOUGHNUTS

1 cup sugar
1 tablespoon sour cream
2 eggs
1 cup sour milk
1/2 teaspoon soda

1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
Flour

Mix the sugar with the cream and add the beaten eggs and sour milk. Sift the soda, salt and spices with one cup of flour and add to

the first mixture. Add additional flour to make a dough just stiff enough to handle. Toss on a floured board, roll out, and cut. Fry in deep fat. Test temperature of fat as in sweet-milk doughnuts. Drain on unglazed paper. When cold, roll in powdered sugar.

RAISED DOUGHNUTS

Recipe on page 130.

CRULLERS

$\frac{1}{4}$ cup butter or butter substitute	$3\frac{1}{2}$ teaspoons baking-powder
1 cup sugar	$\frac{1}{4}$ teaspoon grated nutmeg
2 eggs	$\frac{1}{2}$ teaspoon salt
1 cup milk	Flour

Cream the butter or butter substitute. Add sugar; then the well-beaten eggs. Sift the baking-powder, nutmeg, and salt with one cup of flour and add alternately with the milk to the first mixture. Add additional flour to make a dough stiff enough to handle. Toss on floured board, roll one-half inch thick and cut into strips. Twist and fry in deep fat. Test temperature of fat as in sweet-milk doughnuts. Drain on unglazed paper and when cold roll in powdered sugar. This recipe makes about three dozen crullers.

GINGERBREAD

$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup sugar	1 cup flour
$\frac{1}{2}$ cup melted fat	1 teaspoon ginger
$\frac{1}{2}$ cup sour milk	2 teaspoons cinnamon
1 egg	Nutmeg

Mix ingredients in order given, sifting the soda with the flour before adding it. Bake in a slow oven in a greased shallow pan or in muffin-tins. Care must be taken to prevent burning.

Gingerbread makes a delicious dessert served with whipped cream.

SOFT MOLASSES GINGERBREAD

$\frac{1}{4}$ cup fat	$\frac{1}{2}$ teaspoon salt
1 cup molasses	1 tablespoon ginger
1 tablespoon vinegar	1 cup sour milk
1 egg	2 cups flour
1 teaspoon soda	

Melt the fat, add the molasses, vinegar, and beaten egg. Mix and sift the dry ingredients and add alternately with the milk. Pour

into a greased pan and bake twenty-five minutes in a moderate oven. Batter should be just thin enough so that the track left by the spoon in stirring disappears at once.

HOT-WATER GINGERBREAD

$\frac{1}{2}$ cup fat	$1\frac{1}{2}$ teaspoon ginger
$\frac{1}{2}$ cup boiling water	1 teaspoon soda
1 cup molasses	$\frac{1}{2}$ teaspoon salt
$2\frac{1}{2}$ cups flour	

Melt the fat in the boiling water. Add molasses. Sift the dry ingredients together and add them to the mixture. Beat vigorously. Put in a greased pan and bake in a moderate oven for twenty-five minutes.

NUT CAKES

2 eggs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup molasses	1 tablespoon butter or butter substitute
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup chopped nut-meats
1 cup flour	
1 teaspoon baking-powder	

Beat the eggs slightly and add the molasses and sugar. Mix and sift the flour, baking-powder and salt, and stir them into the first mixture. Add melted butter or butter substitute, and nuts, and half fill shallow greased molds with the mixture. Place a nut-meat in the center of each. Bake in a moderate oven for twenty-five minutes.

TEA CAKES

1 tablespoon melted fat	3 teaspoons baking-powder
$\frac{1}{2}$ cup sugar	2 cups flour
1 egg	1 cup chopped nuts
1 cup milk	

Cream the fat with the sugar, add the beaten egg, then add the milk alternately with the sifted ingredients. Lastly add the floured nuts. Bake in greased muffin-pans. Split each cake, butter it, and sprinkle with sugar and cinnamon or with grated maple sugar and chopped nuts. Serve hot with afternoon tea.

LITTLE CHOCOLATE CAKES

$\frac{1}{4}$ cup butter or butter substitute	2 squares melted chocolate
1 cup sugar	1 cup pastry flour
$\frac{1}{2}$ cup milk	1 teaspoon baking-powder
2 eggs	1 teaspoon vanilla

Cream butter or butter substitute, add the sugar slowly, then the beaten egg-yolks. Melt the chocolate and add. Add flour and baking-powder sifted together, alternating with milk, and add vanilla and fold in stiffly beaten egg-whites. Bake in greased muffin-pans.

MOCHA CAKES

- | | |
|---------------------------------|---|
| 1 cup sifted powdered sugar | 1 $\frac{1}{2}$ cup sifted pastry flour |
| 2 eggs | 1 teaspoon baking-powder |
| $\frac{1}{2}$ cup strong coffee | $\frac{1}{3}$ teaspoon salt |
| | $\frac{1}{2}$ cup evaporated milk |

Cream the sifted powdered sugar with the beaten egg-yolks; add the coffee and the milk, then the dry ingredients sifted together. Bake in a long shallow pan, cut in fancy shapes as desired, cover the top and sides with mocha cream. Finely chopped nuts may be used to cover the sides, giving the effect of French pastries.

PETITS FOURS

- | | |
|--|--|
| 4 eggs | 1 cup flour |
| 1 cup sugar | 1 $\frac{1}{2}$ teaspoon baking-powder |
| 3 tablespoons cold water | $\frac{1}{4}$ teaspoon salt |
| 1 $\frac{1}{2}$ tablespoon corn-starch | Flavoring |

To the beaten yolks of the eggs, add sugar and cold water. Sift the corn-starch with the flour, baking-powder and salt. Add to first mixture. Beat well and add the stiffly beaten whites of the eggs and any flavoring desired. Bake for one-half hour in a moderate oven, in shallow pans. When cool, cut in small circles, split, scoop out a little of the crum from the center of each and fill cavities with whipped cream or any prepared filling. Press together in pairs, dip in melted fondant (see Index), decorate with nuts, glacé fruits, and so forth, and place each little cake in a paper case.

MARSHMALLOW FIG CAKES

- | | |
|---------------------------|---------------------|
| Angel cake | Marshmallows |
| Chopped figs | Maraschino cherries |
| Sirup of preserved ginger | |

Cut slices of angel cake into rounds. Moisten the figs with the ginger sirup, and spread the paste over each round of cake. Place a marshmallow in the center of each and bake in a moderate oven until the marshmallows spread. Decorate with maraschino cherries.

REAL SCOTCH SHORTBREAD

2 pounds (8 cups) flour	6 ounces ($\frac{3}{4}$ cup) lard
$\frac{1}{2}$ pound (1 cup) sugar	10 ounces ($1\frac{1}{4}$ cup) butter
$\frac{1}{2}$ teaspoon soda	or butter substitute
$\frac{1}{2}$ pound currants	1 tablespoon water
6 ounces candied orange-peel	

Mix all the dry ingredients. Soften the lard and butter or butter substitute together in a saucepan with the water. When it has cooled to the consistency of a batter, mix it with the other ingredients to a rather stiff dough.

Divide into eight equal pieces and work out each piece with the hand into a flat, round cake not more than one-half inch thick, and all about the same size. Pinch around the edges with the finger and thumb, cut a small round out of the center and the rest of the cake into six or eight pieces. Or cut in smaller rings and divide in half. Sprinkle with candied caraway seed if desired. Bake on flat tins, covered with paper, from three-quarters of an hour to an hour. The pieces will need parting again with a knife where they join in the baking. When perfectly cold, pile on two plates with powdered sugar sifted between the layers.

This old Scotch recipe makes an exceptionally good cake to serve with tea, and the pink and white caraway-seed decorations give it a holiday appearance.

CREAM PUFFS

1 cup boiling water	1 cup flour
$\frac{1}{2}$ cup butter or butter substitute	4 eggs

Add the boiling water to the butter or butter substitute, bring to a boil and stir in the flour thoroughly. Remove from the fire, let the mixture cool slightly and add the eggs one at a time, beating in each one for some time before adding the next. Drop by spoonfuls on a greased pan about two inches apart, shaping into a circular form and having the batter a little higher in the center. Bake one-half hour in a moderate oven. If these cakes are removed from the oven before they are thoroughly done, they will fall. Take out one; if it does not fall, the others may be removed.

Cool and split partly with a sharp knife. Fill with a cream filling, whipped cream, or a fruit mixture.

Cream puffs and éclairs make an excellent foundation for a great variety of desserts. Split them open, fill with any kind of ice-cream, and cover with any sauce or combination of sauces. Replace cover, and serve immediately.

ÉCLAIRS

Make the preceding cream-puff mixture and press it through a pastry bag on to a greased tin, forming strips three and one-half inches long and one inch wide. Keep the strips a little distance apart.

When baked, split lengthwise, and fill with cream filling. Frost the top half of the éclairs by dipping while hot into boiled frosting, flavored with chocolate, vanilla, or coffee.

LADY FINGERS

5 tablespoons powdered sugar	$\frac{1}{2}$ teaspoon vanilla
3 egg-whites	$\frac{1}{2}$ cup flour
2 egg-yolks	$\frac{1}{4}$ teaspoon salt

Add the powdered sugar to the stiffly beaten egg-whites. Add to these the two well-beaten yolks and the vanilla extract. Fold in the flour, which has been sifted twice with the salt. Line a pan with paper but do not grease it. Press the batter through a pastry bag on to it, forming strips four inches long and one inch wide. Sprinkle with powdered sugar and bake in a moderate oven for ten minutes.

SPONGE DROPS

Form the lady-finger batter in a circular shape, bake and dip the tops of the cakes into boiled frosting of any flavor.

MERINGUES AND KISSES

2 egg-whites	Pinch of salt
$\frac{1}{2}$ cup powdered sugar	$\frac{1}{2}$ teaspoon flavoring

Beat the egg-whites stiff, adding the salt. Add the sugar gradually, beating constantly, and heap in rounds or press through a pastry bag on to a wet board covered with an ungreased paper.

Bake on the board in a very slow oven for three-quarters of an hour. The kisses should be very light brown and quite dry. If they adhere to the paper, moisten the other side of the paper by placing it on a wet cloth, and they will slip off easily.

The smaller shapes or kisses may be stuck together in pairs with a little white of egg, and the meringues, which are usually made larger, may be scooped out and filled with ice-cream or whipped cream.

For special directions, see Index.

COCONUT DROPS

4 egg-whites	$\frac{1}{2}$ teaspoon lemon extract
$\frac{1}{2}$ pound powdered sugar	$\frac{1}{2}$ pound grated coconut

OATMEAL JIM-JAMS

1 cup butter or butter substitute	$\frac{1}{2}$ teaspoon salt
1 cup brown sugar	1 teaspoon soda
2 cups flour	$\frac{1}{2}$ cup sour milk
	2 cups ground oatmeal

Cream the butter or butter substitute with the sugar. Sift the flour, salt and soda and add with the oatmeal to the first mixture, alternating with the milk. If ground oatmeal is not procurable, rolled oats may be ground in a food-chopper and measured after grinding. Toss on a floured board and roll thin. Cut in rounds. Put on greased baking-sheet and bake in a moderate oven twelve to fifteen minutes. When cool, put together like sandwiches with the following filling:

$\frac{3}{4}$ pound chopped dates $\frac{3}{4}$ cup sugar $\frac{1}{2}$ cup boiling water

Cook ingredients together until thick. Cool before spreading.

LACE CAKES

1 egg	1 tablespoon butter or butter substitute
$\frac{1}{2}$ cup brown sugar	
1 cup rolled oats	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	

Beat the egg, add the sugar and, when these are well mixed, add the oats and salt. Melt the butter or butter substitute and stir into the mixture. Add vanilla. Drop by spoonfuls on a greased baking-sheet and spread very thin with the back of the spoon. Bake in a moderate oven ten to twelve minutes.

CAKES

Cakes are classified according to the ingredients they contain: those made with fats are called butter cakes and are represented by the layer cakes, cup cakes and pound cakes; and those made without fat are called sponge cakes. In the first group, the leavening agent is usually a combination of gas, formed by the contact of moisture with baking-powder or by the action of soda and an acid in contact with moisture, and the air beaten into the eggs. In true sponge cake, the only leavening agent is air, introduced through the stiffly beaten egg-white, but variations of sponge cake sometimes use other leavening agents.

Ingredients of Butter Cakes

Too much sugar gives a heavy or compact texture and a thick, hard, tough, chewy, macaroon-like crust, and tends to obscure the flavor of other ingredients. One-half as much sugar as flour is a good proportion. When many eggs are used, more sugar may be added.

Pastry flour is desirable for good cakes, as it gives a tender texture. If bread flour is used, subtract two tablespoons from each cup required. Milk or water may be used in cakes. Water gives a lighter and more tender texture than milk.

Eggs improve the quality of the texture of batters, and while a fairly good plain cake can be made with only one egg, additional eggs give a lighter, more delicate texture, improve the flavor and produce a smoother crust.

The most universally used leavening agent is baking-powder, or its equivalent in soda and cream of tartar. The usual proportion is two teaspoons of baking-powder to each cup of flour, when one or two eggs are used. With more eggs, less baking-powder is required. Baking-powder may be made at home by thoroughly sifting, a number of times, one measure of soda with three measures of cream of tartar. This should be used at once unless a small amount (one-half measure) of corn-starch is mixed with it to keep it dry.

Standard Method of Mixing Butter Cakes

There are several methods of combining ingredients for butter cakes, but the method described below is considered the standard.

Cream the butter or other fat by continued rubbing against the sides of the bowl until it is soft and light. Some people prefer to use a wooden spoon for this, although a fork does the work more quickly. If the shortening is too hard to cream easily, warm the bowl slightly by setting it in warm water, but do not melt the fat.

Add the sugar gradually and work well after each addition. Separate the whites from the yolks of the eggs. Beat the yolks until they are thick and lemon-colored, then add them to the creamed butter or butter substitute and sugar. If the egg is not separated, the whole egg is beaten well and added here.

Measure the sifted flour and add to it all other dry ingredients such as baking-powder, salt and spices, and sift again.

Add the dry ingredients and milk to the first mixture alternately, keeping the batter of the same consistency throughout the mixing process. Beat just enough to make the mixture smooth.

Add the flavoring, then fold in the stiffly beaten egg-whites.

When fruits or nuts are used, save out a little of the flour with which to coat them and add them to the cake mixture just before the egg-whites are added.

Chocolate should be melted over hot water and added just after the egg-yolks. Cocoa may be added as one of the dry ingredients.

Baking Butter Cakes

Grease the pan thoroughly with a mild-flavored unsalted fat. Sprinkle a small amount of flour into the tin and shake it around until there is a thin film of flour adhering to the fat. Shake out any surplus flour. If preferred, paper may be fitted into the bottom of the greased pan and the paper well greased. This lining is more necessary for cakes containing little fat than for those containing a larger amount.

Fill each pan not more than two-thirds full, spread the batter well up against the sides and into corners, and draw it away from the center, but do not disturb the fat in the pan, as this might cause the cake to stick. This spreading tends to make the cake level on top when baked.

Baking temperatures—Place the pan in the center of the lower grate so that the greatest amount of heat will reach it from underneath. If the top crust sets too rapidly, the cake will rise high in the center and crack. A moderate temperature, varying from 350° to 400° , is best for baking a butter cake. If the oven is too hot, a thick brown crust will form on the outside before the cake has fully risen and before the inside has thoroughly baked, resulting in a cracked surface.

The time for baking depends on the thickness of the cake. Cup cakes take from fifteen to twenty-five minutes, layer cakes from twenty to thirty minutes, and loaf cakes from forty to sixty minutes or more.

Divide the time of baking into quarters: (1) During the first quarter, the cake should rise and little bubbles form on the top; (2) in the second quarter, it should continue to rise and to form the crust; (3) in the third quarter, it should begin to brown, and (4) at the end of the fourth quarter it should be browned sufficiently and shrink from the tin.

Testing the cake—When the cake is fully baked, it will shrink from the sides of the pan and when touched lightly with the finger it should spring back. If the finger leaves a depression, the cake is not done.

Another test is to insert a clean straw, knitting-needle or toothpick into the middle of the cake. If it comes out clean, not sticky, the cake is done.

Care after baking—After removing the cake from the oven, allow it to remain in the pan about two minutes. Then, with a spatula or knife, loosen the edges. If there is any tendency for the cake to stick on the bottom, wring a cloth out of water and place it on the bottom of the pan for a few seconds. Turn the cake out on a wire cake-cooler and allow it to stand until cool.

Making Cakes Without Fat

Cakes without fat depend for leavening largely upon the air beaten into the eggs. The whites and yolks of the eggs may or may not be separated, depending upon the kind of cake. If using the whole egg, beat it till thick and lemon-colored; if using only the yolk, beat till thick and light in color, add the sugar gradually and beat until the sugar dissolves after each addition.

Add the flavoring and liquid, if there is any, and fold in the sifted dry ingredients.

When the whites have been beaten separately, they are added last, using the folding motion. Do not beat the mixture after the whites have been added. Place at once in a cool oven.

Baking Sponge Cakes

Tins for sponge cakes—It is not necessary to grease a smooth angel-cake tin or loaf tin; but if the tin is old or worn, it will give better results if it is greased on the bottom. The sides should be dry, so that the mixture may be supported by clinging to them as it rises.

Baking temperatures—True sponge cakes, in which the eggs are the only leavening, should be baked in a slow oven at a temperature of 300° to 350° F.

The cake is a typical egg mixture, needing slow cooking, and if baked at a higher temperature, a tough crust forms on the outside while the cake on the inside remains uncooked. It can be truly said of sponge cake, "half the making is the baking." When baking-powder is used, a slightly higher temperature is desirable. The division of baking time is the same as for butter cakes.

When the cake is a light brown, and springs back when pressed with the finger, it is done. Remove it to the cake cooler, invert the tin and allow it to stand till the cake is cool. Then remove the cake from the tin. When serving, break it apart with two forks; cutting with a knife tends to crush the cake and make it appear heavy.

FOUNDATION OR PLAIN CAKE

$\frac{1}{3}$ cup butter or butter substitute	$1\frac{3}{4}$ cup flour
1 cup sugar	2 teaspoons baking-powder
2 eggs	$\frac{1}{2}$ cup milk
	1 teaspoon vanilla

Cream the butter or butter substitute, add sugar and continue creaming. Add well-beaten eggs. Mix and sift the dry ingredients and add alternately with the milk. Add flavoring. Bake in layers. Any good filling and frosting may be used.

The batter may be varied by adding nuts, coconut, spices, etc., and may be baked as a loaf cake.

ONE-EGG CAKE

3 tablespoons butter or butter substitute	$1\frac{3}{4}$ cup flour
1 cup sugar	3 teaspoons baking-powder
1 egg	1 cup milk
	1 teaspoon vanilla extract

Melt the butter or butter substitute, add sugar, and cream thoroughly together. Add the beaten egg. Mix and sift the dry ingredients and add alternately with the milk. Add flavoring. Put in layer or loaf-cake tins and bake in a moderate oven.

EGGLESS CAKE

$\frac{1}{3}$ cup butter or butter substitute	1 cup milk
1 cup sugar	Grating of nutmeg or 1 teaspoon vanilla extract
2 cups flour	$\frac{1}{2}$ cup raisins or citron cut in small pieces
3 teaspoons baking-powder	

Cream the butter or butter substitute and sugar. Mix and sift the flour and baking-powder and add alternately with the milk. Flavor and add raisins or citron. Beat well and put in a greased loaf tin. Bake in a moderate oven.

ONE-TWO-THREE-FOUR CAKE (Measure Cake)

1 cup butter or butter substitute	4 eggs
2 cups sugar	3 teaspoons baking-powder
3 cups flour	1 cup milk
	Flavoring

Cream the butter or butter substitute and sugar, add eggs. Mix and sift flour and baking-powder and add alternately with the milk. Flavor as desired. Bake as loaf or layer cake.

CARAMEL CAKE

1 cup butter or butter substitute	2 teaspoons baking-powder
2 cups sugar	1 cup milk
3 cups flour	5 egg-whites
	1 teaspoon vanilla

Cream butter or butter substitute and sugar. Mix and sift flour and baking-powder and add alternately with the milk. Add the egg-whites beaten stiff. Bake in three well-greased layer tins in a moderate oven. When cool spread the layers with caramel filling.

MAPLE-SUGAR CAKE

$\frac{1}{2}$ cup butter or butter substitute	$1\frac{1}{2}$ cup flour
$1\frac{1}{4}$ cup maple sugar	$\frac{1}{2}$ cup milk
6 tablespoons corn-starch	$1\frac{1}{4}$ teaspoon vanilla
	4 egg-whites

Cream the butter or butter substitute and sugar. Sift the corn-starch and flour together several times and add to the first mixture, alternately with the milk. Add the vanilla, then fold in the stiffly beaten egg-whites. Bake in a greased loaf-cake tin in a moderate oven. Cover with any desired icing.

CHOCOLATE CAKE

$\frac{1}{2}$ cup butter or butter substitute	1 square chocolate
2 cups sugar	1 cup hot coffee
2 eggs	2 cups flour
$\frac{1}{2}$ cup milk	2 teaspoons baking-powder
	2 teaspoons vanilla

Cream the butter or butter substitute and sugar. Add the beaten egg and milk. Grate the chocolate fine and add it to the coffee, which should be very hot, stir well and gradually add it to the first mixture. Mix and sift the flour and baking-powder together and add, beating well. Add the vanilla. Bake in layers in a moderate oven. When cool, put chocolate filling between the layers and on top.

CHOCOLATE NUT CAKE

$2\frac{2}{3}$ cup butter or butter substitute	$3\frac{1}{2}$ teaspoons baking-powder
2 cups sugar	1 teaspoon cinnamon
4 eggs	$\frac{1}{2}$ teaspoon mace
1 cup mashed potatoes	$\frac{1}{2}$ teaspoon grated nutmeg
2 squares chocolate	$\frac{1}{2}$ teaspoon ground cloves
2 cups flour	1 cup chopped nut-meats
	$\frac{1}{2}$ cup milk

Cream the butter or butter substitute and one cup of sugar. In another bowl, beat the egg-yolks with the remaining cup of sugar. Combine the two mixtures. Have ready the hot mashed potatoes, which should be without lumps, add to them the melted chocolate and combine with the first mixture. Mix and sift the dry ingredients and add the nut-meats. Add to the cake mixture, alternating with the milk. Fold in the stiffly beaten whites. Bake in a loaf pan in a moderate oven. When cool, cover with marshmallow frosting or boiled frosting. This is a large moist cake, which will keep well.

CHOCOLATE LOAF CAKE

2 tablespoons butter or butter substitute	2 teaspoons baking-powder
1 cup sugar	1 cup milk
2 tablespoons grated cho- colate	2 cups seeded raisins
2 cups flour	12 black walnut-meats
	½ teaspoon vanilla extract

Cream the butter or butter substitute; add the sugar and continue creaming. Melt the chocolate over hot water, and add. Mix and sift the flour and baking-powder and add alternately with the milk. Add the raisins, broken nut-meats well floured, and the flavoring. Mix well. Bake in a loaf pan. When cool, frost with boiled or chocolate frosting.

CHOCOLATE POTATO CAKE

½ cup butter or butter substitute	4 teaspoons baking-powder
1 cup sugar	2 squares chocolate
2 eggs	1 teaspoon cinnamon
1 cup hot mashed potato	½ teaspoon cloves
1½ cup flour	½ teaspoon nutmeg
	1 cup nut-meats

Cream the butter or butter substitute, add the sugar and the eggs well beaten, add the riced and mashed potato and beat thoroughly; then add the sifted dry ingredients and the nuts. Bake in a loaf pan in a moderate oven.

CHOCOLATE SOUR-MILK CAKE

½ cup butter or butter substitute	2 cups flour
1 cup sugar	⅓ teaspoon soda
3 eggs	⅓ cup hot water
½ cup sour milk	1 square chocolate

Cream butter or butter substitute and sugar; add eggs well beaten, and the milk. Add sifted flour. Dissolve the soda in the hot water

and add grated chocolate to this mixture. Beat the mixture smooth and put in a well-greased loaf pan. Bake in a moderate oven.

FUDGE CAKE

$\frac{1}{3}$ cup butter or butter substitute	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup cocoa
3 eggs	1 cup milk
$2\frac{1}{2}$ cups flour	$1\frac{1}{2}$ cup chopped walnut-meats
2 teaspoons baking-powder	$1\frac{1}{2}$ teaspoon vanilla

Cream the butter or butter substitute and sugar; add the well-beaten egg-yolks. Mix and sift the dry ingredients and add alternately with the milk. Stir in the chopped nut-meats, well floured, and add the flavoring. Fold in the stiffly beaten egg-whites. Bake in layer-cake tins in a moderate oven. When cold, spread chocolate frosting between layers and on top.

SPICED CHOCOLATE CAKE

1 cup butter or butter substitute	1 teaspoon cinnamon
$1\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon mace
3 eggs	$\frac{1}{4}$ teaspoon ground cloves
$2\frac{3}{4}$ cups flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ teaspoon allspice	$\frac{1}{2}$ cup milk
	2 teaspoons grated chocolate

Cream the butter or butter substitute and add the sugar. Add the egg-yolks, beaten until thick. Add the melted chocolate. Mix and sift the dry ingredients and add alternately with the milk. Fold in the stiffly beaten egg-whites. Bake in greased layer-cake tins in a moderate oven. When cool, spread with chocolate frosting.

GINGER COCONUT CAKE

$\frac{1}{2}$ cup butter or butter substitute	2 teaspoons baking-powder
1 cup sugar	$\frac{1}{4}$ teaspoon salt
2 eggs	1 tablespoon ginger
2 cups flour	$\frac{1}{2}$ cup milk

Cream the butter or butter substitute and add the sugar. Add the egg-yolks, beaten until thick. Mix and sift the dry ingredients and add alternately with the milk. Fold in the stiffly beaten egg-whites. Bake in two well-greased layer-cake tins in a moderate oven. Put layers together with boiled frosting and grated coconut, and cover the top with the same.

NUT CAKE

$\frac{1}{2}$ cup butter or butter substitute	2 teaspoons baking-powder
1 cup sugar	$\frac{3}{4}$ cup milk
2 cups flour	1 cup chopped nut-meats
	4 egg-whites

Cream butter or butter substitute and add the sugar. Mix and sift the dry ingredients and add alternately with the milk. Add nut-meats, well floured, and fold in the egg-whites. Bake in a square loaf pan and frost the top when cool, using any desired icing.

WHITE CAKE

$\frac{1}{2}$ cup butter or butter substitute	$\frac{1}{2}$ cup corn-starch
1 cup sugar	2 teaspoons baking-powder
$\frac{1}{2}$ cup milk	3 egg-whites
1 cup flour	1 teaspoon almond extract

Cream the butter or butter substitute and add the sugar. Add the milk, alternating with the sifted flour, corn-starch and baking-powder, beating well. Fold in the egg-whites, beaten stiff, and add the flavoring. Bake as a loaf in a well-greased pan, in a moderate oven.

WHITE-MOUNTAIN CAKE

$\frac{1}{2}$ cup butter or butter substitute	2 teaspoons baking-powder
1 $\frac{1}{2}$ cup sugar	1 cup lukewarm water
2 $\frac{1}{2}$ cups flour	4 egg-whites
	Juice and grated rind of 1 lemon

Cream the butter or butter substitute. Add the sugar, beating thoroughly. Sift the flour and baking-powder and add half of it alternately with the water. Beat the egg-whites stiff and dry; add one-half of them, then add the rest of the flour. Mix well, add the juice and grated rind of the lemon. Fold in the rest of the egg-whites. Bake in a deep well-greased tin. When the cake is cold, cover with boiled frosting.

GOLDEN CAKE

$\frac{1}{4}$ cup butter or butter substitute	1 cup flour
$\frac{1}{2}$ cup sugar	2 teaspoons baking-powder
3 egg-yolks	$\frac{1}{4}$ cup milk
	1 teaspoon orange extract

Cream the butter or butter substitute and add the sugar gradually. Beat the yolks until thick and lemon-colored. Mix and sift the dry ingredients and add to the first mixture alternately with the milk. Flavor. Bake as loaf or layer cake, in a moderate oven.

LEMON CAKE

1 cup butter or butter substitute	1 teaspoon soda
2 cups sugar	2 teaspoons cream of tartar
4 eggs	1 cup milk
3 cups flour	2 lemons

Cream the butter or butter substitute and add the sugar. Add the eggs, well beaten. Mix and sift the dry ingredients and add alternately with the milk. Add grated rind and juice of the lemons. Bake in layer tins in a moderate oven. Put the layers together with lemon filling and put lemon frosting or boiled frosting on the top.

COFFEE CAKE

2 tablespoons butter or substitute	$\frac{3}{4}$ cup flour
$\frac{1}{2}$ cup sugar	1 teaspoon baking-powder
1 egg	$\frac{1}{4}$ cup milk
	$\frac{1}{2}$ teaspoon vanilla

Cream the butter or butter substitute and sugar, add the beaten egg-yolk and the sifted dry ingredients alternately with the milk. Add vanilla. Fold in the stiffly beaten egg-white. Spread one-half of the mixture in a deep greased pie-tin. Make a filling of:

$\frac{1}{4}$ cup brown sugar	1 tablespoon flour
1 teaspoon cinnamon	1 tablespoon melted butter or butter substitute
$\frac{1}{2}$ cup chopped walnuts	

Mix all the ingredients thoroughly and spread one-half over the batter in the tin. Add the rest of the cake batter and spread the remainder of the filling over the top. Bake in a moderate oven.

LAYER CAKE

$\frac{1}{2}$ cup butter or butter substitute	2 cups flour
$1\frac{1}{2}$ cup sugar	2 teaspoons baking-powder
4 eggs	$\frac{3}{4}$ cup milk
	1 teaspoon vanilla extract

Cream the butter or butter substitute and add the sugar, then the beaten egg-yolks. Mix and sift the flour and baking-powder and add alternately with the milk. Add flavoring and fold in the stiffly beaten egg-whites. Bake in three well-greased layer-cake tins in a moderate oven. Frost with any desired icing, when cold.

MAPLE-SUGAR LAYER CAKE

Use the recipe for layer cake. Fill with maple filling and on top put maple-cream frosting, maple marshmallow frosting, or maple-sugar frosting.

CHOCOLATE LAYER CAKE

Use the recipe for layer cake, fill with chocolate filling and put chocolate frosting on top.

COCONUT LAYER CAKE

Use the recipe for layer cake, fill with coconut filling and use coconut frosting on the top.

ORANGE CAKE

4 eggs	$\frac{1}{2}$ teaspoon soda
2 cups powdered sugar	1 teaspoon cream of tartar
2 cups flour	

Beat the yolks until thick and lemon-colored, add sugar gradually, then the whites beaten to a stiff froth. Sift the flour, soda and cream of tartar. Bake in well-greased tins in a moderate oven. When cold, put layers together with orange filling and on the top put boiled frosting and arrange slices of orange on it just before it sets.

LADY BALTIMORE CAKE

(From a famous recipe)

6 eggs	4 ounces granulated sugar
Pinch of cream of tartar	(about 8 tablespoons)
Pinch of salt	4 ounces almond paste
Sugar	(about 8 tablespoons)
Flour	4 egg-yolks
1 teaspoon baking-powder	$\frac{1}{4}$ pound shredded citron
2 cups milk	$\frac{1}{2}$ cup pecan nut-meats
2 ounces grated chocolate	Soft boiled frosting flavored
(about 10 tablespoons)	with vanilla

This cake is made in three parts: cake, chocolate-cream filling and nut cream.

For the cake, weigh five eggs and take their weight in sugar (about one and one-fourth cup), weigh three eggs and take their weight in flour (about one and one-half cup). Separate whites from yolks of six eggs, add cream of tartar and salt to the whites and beat until very stiff and dry. Beat the yolks as dry as possible, and add to them the sugar, then fold in the whites quickly. Sift the flour three times,

with the baking-powder, and whip into the mixture. Bake about three-quarters of an hour in an oven that slowly rises in temperature, keeping a piece of paper over the top of the pan. When cold, cut into three layers, with a sharp knife.

For the chocolate cream, heat one cup of milk in a double boiler with two ounces of sugar and two ounces of almond paste, add the chocolate, melted, and the beaten yolks of two eggs. Set aside to cool.

For the nut cream, heat one cup of milk in the double boiler with two ounces of sugar and two ounces of almond paste, add the shredded citron and the pecan-meats ground in a vegetable grinder, and thicken with two egg-yolks.

When both creams are cool enough, spread the layers, using the nut filling for the bottom layer, the chocolate for the second and the boiled frosting for the top of the cake.

The almond paste may be bought at a confectioner's, or the almonds may be blanched and pounded. One and one-third cup of shelled almonds makes four ounces of paste.

TARTE ALSACIENNE

8 eggs	$\frac{1}{2}$ teaspoon vanilla
4 tablespoons sifted powdered sugar	$3\frac{1}{2}$ tablespoons pastry flour sifted several times

The tarte consists of ten or eleven soft thin layers put together with layers of frosting as thick as the cake layers. On first thought it may seem expensive, but it must be remembered that it is served in small pieces as a confection and for this reason will go five or six times as far as an ordinary cake.

Beat the yolks of the eggs very light, add the sugar, the vanilla and the flour. Lastly cut in the stiffly beaten whites. Spread on layer-cake tins which have been rinsed with cold water; spread so thin that the mixture barely covers the tin and bake in a slow oven, not more than 300° F., until thoroughly done, though still as soft as a griddle-cake. If the oven is too hot, the layers may become crisp, and must be discarded. These layers bake very quickly and must be watched all the time. Some of the layers may be baking while others are being prepared; six layer-cake tins are sufficient to keep the operation running smoothly. When a layer is removed from the oven, set the tin on a damp cloth to loosen the cake.

For the filling between the layers, use:

$\frac{1}{2}$ pound chocolate	1 cup sifted powdered sugar
$\frac{1}{2}$ cup hot water	1 teaspoon vanilla
4 eggs	

Melt the chocolate with the hot water, using the double boiler, then add the sifted powdered sugar. Add the well-beaten eggs and cook until thick and smooth, stirring constantly, then add the vanilla.

The top may be frosted with a simple frosting made of powdered sugar, lukewarm water and melted chocolate. Use the pastry-bag and tube for decorating the top of the cake. Cut in small squares or diamonds. This tarte may be served at teas or suppers.

HOLIDAY POUND CAKE

1 pound butter or butter substitute	1 pound flour 9 eggs
1 pound sugar	Grated rind of 1 lemon

Cream butter or butter substitute and add sugar, beating until foamy. Add yolks, beaten light, then flavoring. Fold in the stiffly beaten egg-whites and lastly add the flour. Bake as a loaf in a slow oven.

This is a very large cake and is usually made for special occasions but it will keep fresh for a good while if wrapped in waxed paper and kept closely covered.

FAVORITE SPICE CAKE

1/2 cup butter or butter substitute	1 teaspoon baking-powder
2 cups brown sugar	2 teaspoons cinnamon
2 eggs	1/2 teaspoon ground cloves
2 1/2 cups flour	1/4 teaspoon nutmeg
1/2 teaspoon soda	1 cup thick sour milk
	Boiled frosting
	1 cup chopped raisins

Cream butter or butter substitute and add the sugar. Add egg-yolks beaten until thick. Mix and sift the flour, baking-powder and spices and add alternately with the milk. Fold in the stiffly beaten egg-whites. Spread in two greased, medium-sized layer-cake tins. Bake in a moderate oven. Put together with boiled frosting to which one cup of chopped raisins has been added.

PORK CAKE

1/2 pound fat salt pork	1 tablespoon cinnamon
1 1/2 cup sugar	1 teaspoon cloves
1 cup molasses	1 teaspoon ginger
1 teaspoon soda	1 cup boiling coffee
2 cups flour	

Chop the pork fine. Add sugar and molasses. Mix and sift the flour, spices and soda and add alternately with the coffee. More flour may be needed to make the batter stiff. Bake in a loaf in a moderate oven.

FIG LOAF CAKE

1 cup butter or butter substitute	1 teaspoon cinnamon
2 cups brown sugar	$\frac{1}{2}$ teaspoon ground cloves
4 eggs	1 teaspoon nutmeg
3 cups flour	1 cup water
2 teaspoons baking-powder	$\frac{1}{2}$ pound finely cut figs
$\frac{1}{4}$ teaspoon salt	2 cups chopped raisins

Cream the butter or butter substitute and add the sugar. Add the eggs, well beaten. Mix and sift the dry ingredients and add alternately with the water. Add figs and raisins, dredged with a little of the flour. Bake in a greased loaf pan in a slow oven, about two hours.

LARGE FRUIT CAKE

1 pound butter or butter substitute	1 pound citron
2 cups light-brown sugar	$\frac{1}{2}$ pound almonds
9 eggs	4 cups flour
1 cup strong coffee	1 teaspoon mace
3 pounds currants	$\frac{1}{4}$ teaspoon nutmeg
2 pounds seeded raisins	2 teaspoons cinnamon
	$\frac{1}{2}$ teaspoon soda

Cream the butter or butter substitute, add sugar gradually and beat thoroughly. Separate the whites from the yolks of the eggs; beat the yolks until thick and lemon-colored and whites until stiff and dry, and add to first mixture. Then add the coffee, flour mixed and sifted with the spices and soda, and well-floured fruits and nuts. Put into greased pans lined with greased paper. Bake three or four hours in a very slow oven. Rich fruit cake is sometimes steamed for an hour, then baked for the rest of the time.

MARTHA WASHINGTON FRUIT CAKE

$\frac{1}{2}$ pound butter or butter substitute	1 grated nutmeg
1 $\frac{1}{2}$ pound sugar	$\frac{1}{4}$ teaspoon mace
6 eggs	2 cups sour cream
1 $\frac{3}{4}$ pound flour	1 pound chopped raisins
1 teaspoon soda	1 pound well-cleaned currants
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ pound sliced citron
	Juice and rind of 1 lemon

Cream the butter or butter substitute and add the sugar. Gradually add the well-beaten egg-yolks. Mix and sift the dry ingredients and add alternately with the cream. Add the raisins, currants, citron well floured, and lemon. Mix well. Fold in the stiffly beaten egg-whites. Turn into paper-lined loaf-cake pans and cover the tops with greased paper. Bake slowly, about two and one-half hours.

HARTFORD ELECTION CAKE

1 cup butter or butter substitute	2 cups seeded raisins
2 cups sugar	1 cup currants
3 eggs	$\frac{1}{2}$ cup chopped citron
3 cups flour	$\frac{1}{2}$ cup chopped lemon-peel
$2\frac{1}{2}$ teaspoons baking-powder	$\frac{1}{2}$ cup shredded almonds
	1 cup milk
	20 drops bitter-almond extract

Cream the butter or butter substitute and add the sugar. Add the eggs and beat a few minutes longer. Stir in the flour and baking-powder sifted together. Add the fruits and nuts well floured, and the milk and flavoring. Mix well, put in a greased loaf-cake pan and bake in a slow oven about one and one-half hour.

WEDDING CAKE

4 pounds raisins	$\frac{1}{2}$ ounce ground cloves
3 pounds currants	1 pound butter or butter substitute
1 pound citron	1 pound brown sugar
1 pound flour	10 eggs
$\frac{1}{2}$ ounce mace	2 cups molasses
$\frac{1}{2}$ ounce cinnamon	$\frac{1}{4}$ cup strong coffee
$\frac{1}{2}$ ounce nutmeg	

Seed the raisins and chop them. Wash the currants and remove the little stems by vigorously rubbing them in a coarse towel, then shake in a colander. Cut the citron into small pieces. Sift the flour and spices together so that they are thoroughly mixed. Rub the butter or butter substitute and sugar together until they are foamy. Beat the yolks until they are thick and lemon-colored, then add them to the fat and sugar. Add the molasses and coffee and stir well. Sift a little of the flour over the fruit and add the rest of it to the cake mixture, beating until smooth. Add the fruit and lastly fold in the beaten egg-whites. Put in deep cake pans lined with greased paper and bake in a slow oven for three or four hours. When cold, frost the top with boiled frosting, maple-sugar frosting, brown-sugar frosting, or coffee frosting.

APPLE-SAUCE CAKE—No. 1

2 cups flour	1½ cup unsweetened apple sauce
1 cup sugar	1 cup melted butter or butter substitute
1 teaspoon soda	3 table spoons grated chocolate
1 teaspoon cinnamon	½ cup chopped nuts
½ teaspoon cloves	1 cup chopped raisins
½ teaspoon nutmeg	

Sift the flour, sugar, soda and spices together. Mix the apple sauce, melted butter or butter substitute and melted chocolate and add to the dry ingredients; then add the nuts and raisins, slightly floured. Put the mixture into a loaf pan and bake in a slow oven for about one and one-half hour.

APPLE-SAUCE CAKE - No. 2

⅓ cup butter or butter substitute	2 cups flour
1 cup sugar	1 teaspoon soda
1½ cup thick sweetened apple sauce	Pinch of salt
	Spices to taste
	1 cup raisins

Cream butter or butter substitute and sugar together, then add the apple sauce. Mix and sift flour, soda, and spices, then the raisins. Mix well. Bake in well-greased loaf pan for about forty-five minutes.

DRIED-APPLE CAKE

2 cups dried apples	2 eggs
2 cups molasses	4 cups flour
1 cup butter or other fat	2 teaspoons soda
1 cup sour milk	Spices, as desired

Stew the apples just enough so that they will chop easily about as fine as raisins. Boil them in molasses till like preserves, then drain off the molasses for the cake. Stir molasses, butter or butter substitute, sour milk and egg together, add flour and soda and spices, and last of all, the apples. This makes two loaves. Bake in moderate oven about forty minutes.

TRUE SPONGE CAKE

6 eggs	½ teaspoon grated lemon-rind
1 cup sugar	1 cup flour
1 tablespoon lemon-juice	

Separate the whites and yolks of the eggs, beat the yolks until thick and lemon-colored, add the sugar gradually, then add the lemon-juice

and rind. Cut and fold in the sifted flour and cut and fold in the stiffly beaten egg-whites. Bake in an ungreased pan in a very moderate oven, 300° to 350° Fahrenheit.

MOCK SPONGE CAKE -No. 1

3 eggs	1 1/2 teaspoon baking-powder
1 cup sugar	1/4 teaspoon salt
1/2 cup cold water	1/2 teaspoon vanilla
1 1/2 cup flour	

Beat the eggs, add the sugar and beat well. Add the water, alternating with the sifted dry ingredients, then the vanilla. Bake in an ungreased pan in a moderate oven.

MOCK SPONGE CAKE—No. 2

2 eggs	1/4 teaspoon salt
1 cup sugar	1/2 teaspoon vanilla
1 cup flour	1/2 cup boiling water
1 1/2 teaspoon baking-powder	

Beat the eggs very light, add the sugar and beat well. Sift the dry ingredients, and cut and fold into the first mixture. Add the vanilla and boiling water and bake in an ungreased shallow loaf-cake pan or cup-cake tins.

ANGEL CAKE

9 egg-whites	7/8 cup flour
1 teaspoon cream of tartar	1/8 teaspoon salt
1 cup sugar	1 teaspoon vanilla

Beat the whites of the eggs to a froth, add the cream of tartar and beat till the eggs are stiff but not dry, then gradually add the sugar (which has been sifted twice), beating after additions. Sift the flour with the salt five times and fold it into the mixture. Add the vanilla. Bake in an ungreased angel-cake tin in a very moderate oven. Be careful not to jar or disturb while baking. Remove from the oven, turn the pan up-side down on a wire netting or with a knife handle or some other small article inserted under the edge of the pan to permit steam to escape, and let it stand until the cake falls out. Ice placed on the bottom of the tin will hasten the release of the cake.

MOCK ANGEL CAKE

1 cup sugar	2 teaspoons baking-powder
1 cup flour	1 cup milk
1/4 teaspoon salt	2 egg-whites

Put dry ingredients into a bowl, mixing and sifting well. Scald the milk in a double boiler. Stir quickly into the dry ingredients, and

take care to have no lumps. Beat the egg-whites until stiff and fold them into the batter. Bake in a loaf pan in a moderate oven.

GRAHAM-CRACKER CREAM CAKE

1½ cup crushed and sifted graham crackers	5 eggs 2 cups sugar
1 teaspoon baking-powder	1 cup chopped nut-meats
½ teaspoon salt	1 teaspoon vanilla

Crush the crackers, add the baking-powder and salt. Beat the egg-yolks until thick, then stir in the sugar and beat well together. Add the cracker mixture, the nut-meats and flavoring. Fold in the stiffly beaten egg-whites. Put in greased layer-cake tins and bake in a moderate oven. Put layers together with cream filling. Whipped cream may be spread over the top of the cake, if desired.

JELLY ROLL

3 eggs	1 teaspoon baking-powder
¾ cup sugar	¼ teaspoon salt
5 tablespoons milk	1 tablespoon lemon extract
1½ cup flour	½ pint jelly

Beat the yolks of the eggs until light, then add the sugar. Stir well and add the flour and baking-powder sifted together, alternately with the milk. Add flavoring. Grease a long shallow pan of the size usually used in roasting meats. The batter should be one-fourth inch deep, for if it is thicker the cake will not roll easily. Bake six to eight minutes in a moderate oven, watching closely, as it bakes quickly. When done, remove from the oven, and when cool enough to handle, turn out on to a cloth. Cut off the side crusts, spread the jelly over the surface, roll up and wrap the cloth about it to keep it in shape. If the cake was spread too thick in the pan and will not roll, cut it into three parts and lay one upon the other with jelly between. This makes a most delicious layer cake. In this case, frost with a boiled frosting, and sprinkle with a layer of coconut.

MOCHA CAKE

5 eggs	1 teaspoon baking-powder
1 cup powdered sugar	1½ tablespoon Mocha extract
1 cup flour	

Beat the yolks of the eggs with the sugar. Add the flour and baking-powder sifted together, and then the flavoring. Fold in the stiffly beaten egg-whites. Bake in well-greased layer-tins in a moderate oven. Between the layers and over the top spread either whipped cream, mocha filling or mocha frosting.

CAKE FILLINGS AND FROSTINGS

A **filling** is defined as "something which serves to fill up a space or cavity." In relation to cakes, it is usually a soft, sweetened, cooked or uncooked mixture that will spread easily. It is usually put between the layers to hold them together, or is put into a cavity in the cake, but occasionally it is spread over the top and sides of the cake. Sometimes a frosting is used between the layers instead of a filling.

A **frosting** is a preparation of sugar and a liquid, which may or may not be combined with egg and may be cooked or uncooked. The term is derived from the fact that the effect is that of hoar-frost and the frosting should be opaquely white like snow.

Icing has been used interchangeably with the term frosting, but more often in reference to the uncooked frostings. In the beginning, the word icing was probably used because of its resemblance to ice, being translucently white instead of frostily white. Therefore, it may be desirable to use the term icing, with discrimination, to mean a thin mixture of confectioner's sugar and a liquid spread on so as to give a glazed, slightly sweetened surface, and to use the term frosting with reference to a thicker, opaquely white, and sweeter coating.

Cakes should be cooled and the surface should be free from loose crumbs before being iced or frosted, and the frosting should be cool enough so that it will not run or soak in. Either the top or the bottom crust may be frosted, but the latter is likely to be softer than the former. This point must be considered, also, when putting fillings between layers. Fillings usually hold layers together better when the bottom crusts are turned together. A very soft filling should not be used for a cake that is not to be used very soon, as it will soak into the cake and make it soggy. Sometimes the shape of a loaf cake makes it desirable to invert it and put the frosting on the bottom crust. The frosting may extend over the top only or may be spread on the sides also, which gives it a more completely finished appearance.

A well-made boiled frosting should be soft, but not soft enough to run, with a dry, glossy surface. The frosting may be put on with a very smooth surface, may be left rough or may be scored in ridges or designs.

APPLE FILLING

2 apples

1 lemon

1 cup sugar

Pare two large, sour apples and grate them into a saucepan, add the juice and grated rind of the lemon, and the sugar. Cook for five minutes, stirring constantly. Cool before spreading on cake.

CARAMEL FILLING

1½ cup brown sugar	1 cup milk
1 tablespoon butter or butter substitute	1½ teaspoon vanilla

Cook the sugar, milk and butter or butter substitute together in a double boiler until thick. Remove from the fire and beat vigorously until the mixture is stiff. Add flavoring. Cool before spreading on cake.

CHOCOLATE FILLING—No. 1

1½ square chocolate	½ teaspoon butter or butter substitute
¼ cup milk	
1 cup brown sugar	1 teaspoon vanilla
1 egg-yolk	

Melt the chocolate over hot water, in a double boiler; add the milk, and cook together, stirring until the mixture is thick and creamy. Add sugar and beaten egg-yolk, stir until smooth and cook five minutes. Add the butter or butter substitute. Beat well. Remove from heat and add flavoring. Cool before spreading on cake.

CHOCOLATE FILLING—No. 2

1½ square chocolate	½ teaspoon butter or butter substitute
⅓ cup cream	
1 egg-yolk	½ teaspoon vanilla
1 cup powdered sugar	

Melt the chocolate over hot water, in a double boiler. Mix the cream and beaten yolk and add gradually, then the butter or butter substitute. Stir in the sugar and cook until thick. Remove from fire. Add flavoring. Cool before spreading on cake.

COCONUT FILLING—No. 1

1 tablespoon gelatin	½ cup sugar
½ cup cold water	3 egg-whites
½ cup boiling water	1½ cup grated coconut

Soak gelatin in the cold water until soft; then dissolve it in the boiling water. Add sugar and stir until it is dissolved. Allow gelatin to cool partly. When it begins to set, beat the egg-whites until stiff and beat in the gelatin. Fold in the coconut and spread upon the layers. Cover the top and sides of the cake with eggless frosting or plain frosting and sprinkle dry coconut over it.

COCONUT FILLING -No. 2

$\frac{1}{2}$ cup milk	4 tablespoons confectioners'
$1\frac{1}{2}$ cup shredded coconut	sugar
2 egg-whites	

Warm the milk, pour it over the coconut and soak until well softened, usually one-half hour. Beat the egg-whites stiff and add the sugar gradually. Spread a thin coating of the egg and sugar mixture on the layer, then spread a covering of the moistened coconut. To what is left of the filling, add enough confectioners' sugar to thicken, stir in the remaining coconut and spread the mixture thickly over the top. Sprinkle the whole cake with dry coconut.

CREAM FILLING

1 tablespoon corn-starch	2 tablespoons confectioners'
1 cup milk	sugar
1 egg-yolk	$\frac{1}{2}$ teaspoon butter or butter
$\frac{1}{8}$ teaspoon salt	substitute
1 teaspoon vanilla	

Mix the corn-starch with two tablespoons of the milk. Heat the rest of the milk in a double boiler and stir the corn-starch paste slowly into it. Stir the mixture until it is smooth and cook it for fifteen minutes. Add the beaten egg-yolk and cook two minutes longer. Remove from the fire and add the salt, sugar and butter or butter substitute. Beat well. Add flavoring. Cool before spreading on layers of cake.

FIG FILLING

$\frac{1}{2}$ pound figs	1 cup sugar
1 cup water	1 teaspoon vanilla

Chop the figs fine and boil them in the water until tender. Add sugar and cook slowly until smooth and thick. Remove from the fire and add vanilla. Cool before using.

FIG AND RAISIN FILLING

$\frac{1}{4}$ pound figs	$\frac{1}{2}$ cup water
$\frac{1}{4}$ pound seeded raisins	$\frac{1}{3}$ cup sugar

Chop figs and raisins. Cook in the water until the figs are tender. Add sugar and cook slowly until it thickens. Cool before using.

FRUIT AND NUT FILLING

- | | |
|------------------------------------|---------------|
| 1 cup chopped raisins | 1 egg-white |
| $\frac{1}{2}$ cup chopped nuts | Currant jelly |
| $\frac{1}{2}$ cup shredded coconut | |

Mix the raisins, nuts and coconut and add them to the stiffly beaten egg-white. Spread the layers of cake with a thin layer of currant jelly, then with a thick layer of the filling, and put together. Cover the top of the cake with boiled frosting and place halves of English walnuts at intervals over the top.

TUTTI-FRUTTI FILLING

- | | |
|------------------------------------|---|
| $\frac{1}{4}$ pound seeded raisins | $\frac{1}{4}$ pound maraschino cherries |
| $\frac{1}{4}$ pound figs | $\frac{1}{4}$ pound maple sugar |
| $\frac{1}{2}$ pound dates | $\frac{1}{2}$ cup water |
| Chopped English walnuts | |

Put raisins and figs in colander over a kettle of hot water to steam for about one hour. Then add dates which have been pitted and cleaned and steam for about fifteen minutes. Remove from steamer, add cherries, and chop all the fruit fine. Bring the maple sugar and water to a boil and pour it over the fruit. Mix well. When cool, spread between layers and on top of the cake and sprinkle with chopped English walnuts.

ICE-CREAM FILLING

- | | |
|----------------------------------|----------------------------------|
| $\frac{1}{2}$ tablespoon gelatin | $\frac{1}{2}$ cup powdered sugar |
| $\frac{1}{4}$ cup cold water | 1 teaspoon vanilla |
| 2 cups cream | $\frac{1}{4}$ cup boiling water |

Soak the gelatin in the cold water until softened. Whip the cream in a pan set in ice-water and sift the sugar over it. Add the vanilla. Pour the boiling water upon the gelatin and, when it is dissolved and cooled, strain it over the whipped cream. Then beat rapidly, turning the pan with the left hand while beating with the right. Beat until the gelatin is thoroughly blended with the cream. Set in a cool place. When the filling is nearly stiff, spread it on the cake layers.

LEMON FILLING—No. 1

- | | |
|-----------------------------------|--|
| 2 $\frac{1}{2}$ tablespoons flour | 1 cup sugar |
| $\frac{1}{2}$ cup cold water | Juice and grated rind of 1 lemon |
| 1 egg-yolk | 1 teaspoon butter or butter substitute |

Make a smooth paste of the flour and two tablespoons of the cold water. Cook the rest of the water, the sugar, grated lemon-rind and

butter or butter substitute. When the sugar is dissolved and mixture boiling, stir in the flour mixture slowly. Cook until clear and smooth, about fifteen minutes. Add lemon-juice and beaten egg-yolk and cook two minutes. Cool before spreading on cake.

LEMON FILLING—No. 2

3 egg-yolks
1 cup sugar

$\frac{1}{2}$ cup butter or butter substitute
Juice and grated rind of 2 lemons

Beat the egg-yolks until thick, add the other ingredients and cook in a double boiler, stirring constantly, until the mixture is thick and smooth. Cool before spreading on cake.

MAPLE FILLING

$2\frac{1}{4}$ cups maple sugar
 $\frac{1}{4}$ cup butter or butter
substitute

$\frac{1}{2}$ cup milk
1 teaspoon vanilla

Cook sugar, butter or butter substitute and milk together until a thick sirup is formed. Remove the mixture from the fire and beat it. Add flavorings. Cool before spreading on cake.

WHIPPED-CREAM MOCHA FILLING

$\frac{1}{2}$ pint cream
2 tablespoons sugar

$1\frac{1}{2}$ tablespoon Mocha extract

Whip the cream in a bowl set in ice-water; add the extract and sugar. Beat well. Strong coffee may be used instead of Mocha extract.

If the top of the cake is spread with this filling, three-fourths cup of chopped nut-meats may be sprinkled over it.

ORANGE FILLING

$\frac{1}{2}$ tablespoon corn-starch
2 tablespoons cold water
1 egg

$\frac{1}{2}$ cup sugar
2 oranges

Make a smooth paste of the corn-starch and one tablespoon of water. Put the rest of the water, the sugar, the juice of the oranges and the grated rind of one of them in a double boiler and, when the mixture is hot, add the corn-starch paste slowly, stirring constantly. Cook fifteen minutes and add the slightly beaten egg. Cook two minutes and remove from the fire. Cool before using.

PRUNE FILLING

- | | |
|----------------------------|-------------------------------------|
| $\frac{1}{4}$ pound prunes | $\frac{1}{2}$ cup rhubarb or canned |
| 2 tablespoons gelatin | pineapple-juice |
| 4 tablespoons cold water | $\frac{1}{2}$ cup whipped cream |
| $\frac{1}{2}$ cup sugar | |

Wash the prunes, soak overnight in water to cover, and cook slowly until soft. Remove pits and rub pulp through a coarse sieve. Soak the gelatin in cold water. When soft, add it to the boiling prune pulp and stir until the gelatin dissolves. Add sugar and fruit-juice. When the filling has cooled, fold in the whipped cream.

WALNUT FILLING

- | | |
|-------------------------|---|
| 2 cups brown sugar | $\frac{1}{2}$ teaspoon vanilla |
| $\frac{1}{2}$ cup water | $\frac{1}{2}$ cup chopped English walnut- |
| 2 egg-whites | meats |

Cook the sugar and water, stirring occasionally until the sugar is dissolved. Boil without stirring until sirup will form a thread when dropped from the tip of the spoon. Remove from the fire and cool while beating the egg-whites stiff, then pour the sirup in a thin stream on the egg-whites, beating the mixture constantly until it is thick enough to spread. Add flavoring and nuts. Cool before spreading on cake. Chopped nut-meats may be sprinkled over the top of the cake.

CONFECTIONERS' FROSTING

- | | | |
|-------------|--|--------------------------------|
| 1 egg-white | $\frac{1}{2}$ cup confectioners' sugar | $\frac{1}{2}$ teaspoon vanilla |
|-------------|--|--------------------------------|

Beat the egg-white stiff and add the sugar gradually; continue beating until the mixture is smooth and light. Add flavoring.

EGGLESS CONFECTIONERS' FROSTING

- | | |
|-----------------------|--------------------------------|
| 2 tablespoons milk or | 1 cup confectioners' sugar |
| water | $\frac{1}{2}$ teaspoon vanilla |

Add the milk or water to the powdered sugar. Stir well. Add vanilla. More sugar may be added if the frosting is not thick enough.

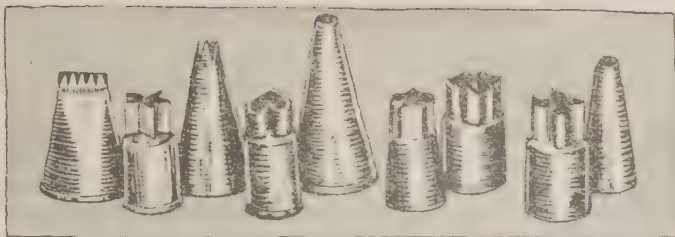
Any fruit juice may be used as the liquid, instead of milk or water, omitting the vanilla.

Crushed berries mixed with the sugar give a pleasing frosting.

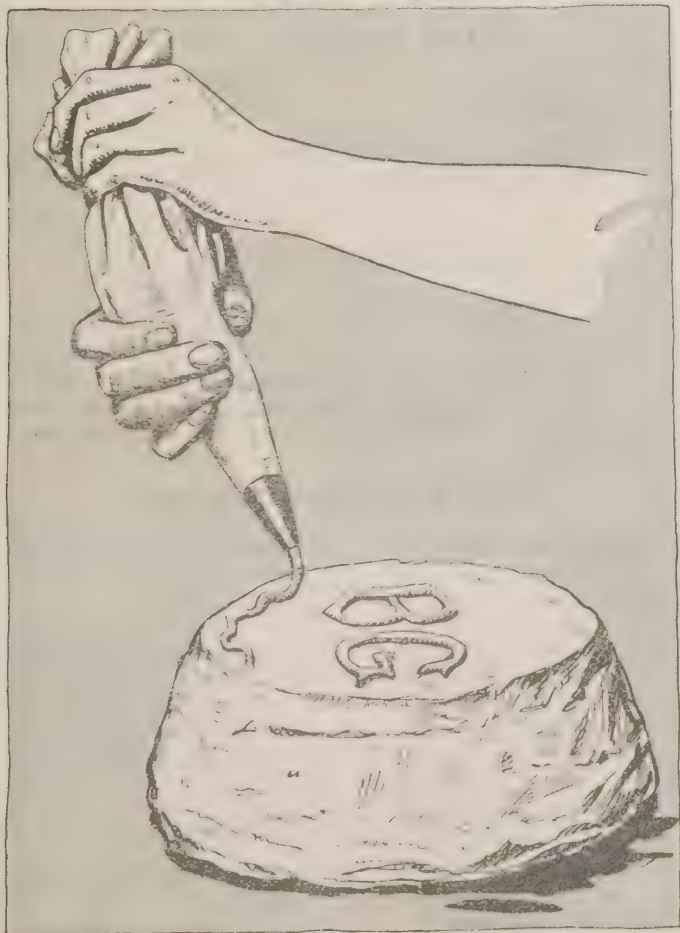
Two tablespoons cocoa may be mixed with the sugar.

One-half square of melted chocolate may be added.

Egg yolk with a little liquid may be used for yellow frosting.



Pastry-tubes come in a variety of sizes and shapes.



With a pastry-bag a simple cake is quickly decorated.

BOILED FROSTING—No. 1

1 cup sugar
 $\frac{1}{2}$ cup water

1 egg-white
 $\frac{1}{2}$ teaspoon vanilla

Cook the sugar and water together, stirring until the sugar has dissolved. Then, without stirring, cook until the sirup will form a thread when dropped from the tip of a spoon (or until it reaches 238° F.). Remove from the fire and cool while beating the egg-white stiff, then pour the sirup in a thin stream over the stiff white, beating the mixture constantly until thick enough to spread.

BOILED FROSTING—No. 2

1 cup sugar
 $\frac{1}{2}$ cup water

2 egg-whites
 $\frac{3}{4}$ teaspoon vanilla

Follow directions for "Boiled Frosting—No. 1," but cook the sirup beyond the soft-ball stage ($244-248^{\circ}$ F.). This frosting is less sweet and lighter than No. 1.

BOILED FROSTING—No. 3

1 cup sugar
 $\frac{1}{2}$ cup water

3 egg-whites
 1 teaspoon vanilla

Follow directions for "Boiled Frosting—No. 1," but cook to the hard-ball stage ($254-260^{\circ}$ F.). This frosting is very light and does not easily crust over. It should be selected for cakes that are to be eaten with a fork.

BROWN-SUGAR FROSTING

1 cup brown sugar
 $\frac{1}{2}$ cup water
 2 egg-whites

1 teaspoon vanilla or $\frac{1}{2}$ tea-
 spoon lemon extract

Make a sirup of the sugar and water and cook to the soft-ball stage (238° F.). Remove from the fire and cool while the egg-whites are beaten, then pour the sirup in a thin stream on to the stiff whites, beating the mixture constantly until thick enough to spread. Add the flavoring. Chopped nuts may be stirred into the frosting just before spreading.

CHOCOLATE FROSTING

1 square chocolate
 3 tablespoons sugar
 1 tablespoon water
 1 egg-white

8 tablespoons confectioners'
 sugar
 $\frac{1}{2}$ tablespoon vanilla

Cook the chocolate, sugar and water together, stirring until the mixture is smooth and glossy. Beat the white of the egg enough to thin it, but not to make it frothy; add the sugar, stir until smooth and light, then add the chocolate mixture and vanilla. Cool before spreading on the cake.

COCONUT FROSTING

2 cups sugar	1 teaspoon vanilla extract or
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon lemon extract
1 teaspoon butter or butter substitute	$\frac{1}{2}$ cup shredded or grated coconut

Boil sugar and water to the soft-ball stage (238° F.), then add butter or butter substitute and cook until thick enough to spread. Add flavoring. When cool spread on cake and sprinkle coconut over the top.

COFFEE-BUTTER FROSTING

1 $\frac{1}{2}$ cup confectioners' sugar	$\frac{1}{3}$ cup butter or butter substitute
1 tablespoon dry cocoa	1 tablespoon strong coffee

Cream the butter and add gradually the sugar and cocoa mixed together. Beat well. Stir in the coffee. Ornamental designs may be made by forcing the frosting through a pastry-bag.

HONEY FROSTING

1 cup honey	2 egg-whites
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Boil the honey about ten minutes (238° F. is the desired temperature). Remove from the fire and cool while the egg-whites are beaten stiff, then pour the honey in a thin stream over them, beating the mixture constantly until thick enough to spread. Cool before spreading.

MAPLE-CREAM FROSTING

2 cups maple sugar	1 cup cream
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Break the maple sugar into small pieces, put into a saucepan and heat slowly with the cream. Stir until the sugar is thoroughly dissolved, then boil without stirring until a soft ball can be shaped between the fingers when the mixture is tried in cold water (238° F.). Care must be taken not to have the heat too great, as this mixture will burn easily. Remove from the fire and beat until thick enough to spread.

MAPLE-SUGAR FROSTING

2 cups maple sugar
2 egg-whites

$\frac{1}{2}$ cup boiling water

Make a sirup of the maple sugar and water and boil to the soft-ball stage (238° F.), remove from the fire and cool while the egg-whites are beaten stiff, then pour the sirup in a thin stream over the stiff whites, beating the mixture until it is thick enough to spread. A rough surface may be obtained by spreading the top of the cake with the back of a spoon before the frosting is set.

MAPLE MARSHMALLOW FROSTING

1 cup maple sugar
 $\frac{1}{2}$ cup boiling water
2 egg-whites

$\frac{1}{2}$ pound marshmallows
 $\frac{1}{2}$ teaspoon vanilla

Cook the sugar and water together, stirring until the sugar is dissolved; then cook without stirring to the soft-ball stage (238° F.). Cut the marshmallows into small pieces and press under the sirup to melt. Pour the sirup in a thin stream on to the stiffly beaten egg-whites, beating the mixture constantly with a spoon. Add vanilla. Cool before spreading.

MARSHMALLOW-CREAM FROSTING

$\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup milk
 $\frac{1}{4}$ pound marshmallows

2 tablespoons hot water
 $\frac{1}{2}$ teaspoon vanilla

Put the milk and sugar into a saucepan, bring slowly to the boiling point and boil for five minutes. Break the marshmallows into pieces and place in a double boiler with hot water and vanilla. Stir until the mixture is smooth, then add the milk and sugar sirup gradually, stirring constantly. Beat until cool, then spread.

MILK FROSTING

1 teaspoon butter or but-
ter substitute
1 $\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup milk
 $\frac{1}{2}$ teaspoon vanilla

Put the butter or butter substitute into a saucepan and, when it is melted, add the sugar and milk. Stir until the boiling-point is reached and then boil for ten minutes without stirring. (At this point the thermometer should register 235° F.). Remove from the fire, add vanilla, and beat until of spreading consistency.

MOCHA FROSTING

1 ¹ / ₂ teaspoon Mocha ex-	1 cup confectioners' sugar
tract or strong coffee	2 tablespoons water

Mix the extract with the sugar and add the water gradually. After the frosting is spread on the cake, three-fourths of a cup of chopped nut-meats may be sprinkled over the top.

CANDIES

When sugar and water are boiled together, a sirup is formed which grows thicker as the boiling continues. As it grows thicker, the temperature rises and becomes increasingly higher as long as the boiling continues. The thickness of the mixture and the temperature it reaches determine the general type of candy that will result.

The different stages—The stages may be determined within a few degrees by the cold-water test. This consists of dropping a little of the candy mixture into cold water and pressing it between the fingers to determine its hardness. Experience will make one a fairly accurate judge of temperature by means of these tests. (See tests for sugar cooking, page 4; also table on page 9.)

Thermometer desirable—A thermometer registering as high as 350° to 400° F. is the only secure means of measuring temperature. A candy thermometer which fits on the side of the pan can be purchased or an ordinary chemical thermometer may be used. A candy thermometer is not expensive and the candy-maker will be repaid in the better results obtained through its use.

Creamy candies—Creaminess is desirable in soft candies. "Creamy" means that the texture should be very smooth, not grainy at all; soft but not sticky. This means that the sugar must not remain as a sirup, but must crystallize. The crystals, however, must be very fine, so that they can not be felt by the fingers or in the mouth.

Creamy candy should not be overcooked. If it reaches too high a temperature, accidentally, a little water may be added and it may be recooked to the correct temperature. This tends not to give as good a result as one cooking to the correct temperature, but it improves a poor product.

Candy should be cooled before it is beaten. Beating candy while it is hot causes large crystals to form and grainy candy results. If crystals that form on the side of the pan in which candy is cooked fall back into the candy, they tend to cause large crystals to form and to make grainy candy.

A small amount of corn sirup or glucose tends to prevent grainy candy. Candies made with corn sirup will require longer beating before crystallization takes place than will candies made from all granulated sugar. They also soften more quickly on standing.

One-eighth teaspoon of cream of tartar or one-half teaspoon of lemon juice or acetic acid to two cups of sugar may be used instead of corn sirup or glucose, as they change part of the granulated sugar to glucose during the cooking process.

Sugars used in candy—Granulated, confectioners', brown or maple sugar, corn sirup, molasses, honey or maple sirup are used in candy, according to the flavor desired. The light-brown sugar should be chosen rather than the darker brown, if a delicate flavor is desired. The same thing is true if corn sirup or molasses is used; the lighter color gives the less strong flavor. Brown sugar and molasses contain an acid, which if used in candies with milk causes the milk to curdle. Therefore, candy containing these two ingredients should be stirred while it is cooking. Crystallization does not so readily occur here, as the milk tends to prevent it.

Varieties of ingredients—Different materials and temperatures of cooking make many different candies. Nuts of all sorts, chocolate or cocoa, butter, milk, cream, egg-whites and fruits such as dates, figs, raisins and candied cherries, contribute special flavor or texture to candy.

Butter is often used because of its flavor and because it tends to make a creamy product. Butter substitutes or other mild-flavored fats may be used instead of butter, particularly in candies containing chocolate, brown sugar or molasses.

Chocolate contributes flavor and tends to make a smoother candy because of the fat it contains. Cocoa and butter may be used instead of chocolate, using three tablespoons of cocoa and two-thirds of a tablespoon of butter instead of one square of chocolate.

Fresh milk, canned milk, sweetened or unsweetened, or dried milk may be used in candies.

CHOCOLATE FUDGE

2 cups sugar	$\frac{2}{3}$ cup milk
1 or 2 squares chocolate	1 teaspoon vanilla
$\frac{1}{8}$ teaspoon cream of tar-	1 tablespoon butter or
tar or 2 tablespoons corn	butter substitute
sirup or glucose	

Mix the sugar, milk, grated chocolate, cream of tartar or corn sirup and boil rather slowly, stirring until the ingredients are well blended. Boil to the soft-ball stage, or 236° F. Remove from the stove, add the butter, but do not stir it in. When lukewarm, add the vanilla and beat until it creams; that is, until the shiny appearance disappears and the fudge holds its shape. Spread it in a buttered pan and when it hardens mark it into squares.

MAPLE FUDGE

2½ cups maple sugar	$\frac{1}{2}$ cup boiling water
1 cup milk	1 cup broken nut-meats

Break the maple sugar into small pieces and heat it in a saucepan with the water. When it is dissolved, add the milk. Boil to the

soft-ball stage, or 236° F. Remove from the fire and cool. When it is lukewarm, beat until it creams and add the nut-meats. Spread it in a buttered pan and when it hardens mark it into squares.

FUDGE-COVERED DATES

Remove the pits of dates. Halve them and lay the halves at intervals on a greased dish. Make fudge according to any of the above recipes and drop a teaspoonful on each half date. This must be done quickly, to avoid letting the fudge harden in the pan.

FUDGE WITH MARSHMALLOW CREAM

2 cups sugar	4 tablespoons marshmallow
2 squares chocolate	cream
1 cup water	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	

Put the sugar, water, grated chocolate and salt into a saucepan and stir until the sugar is dissolved. Boil slowly to the soft-ball stage, or 236° F. Remove from the fire, pour it over the marshmallow cream in a bowl, but do not stir. When it is lukewarm, add the vanilla and beat until it is creamy. Pour into buttered pans and when it hardens mark it into squares.

OTHER VARIATIONS OF FUDGE

Brown sugar may be used in part or entirely instead of white or maple sugar. If brown sugar is used, the cream of tartar or corn sirup should be omitted.

Condensed milk may be used instead of fresh milk. It should have water added according to the directions on the can.

Peanut butter may be used instead of chocolate, using two tablespoons of the butter to each cup of sugar in the recipe. Like the butter, it should be added after the fudge is cooked.

Marshmallows may be added to any fudge after it has been taken from the fire. One cup of marshmallows to two cups of sugar is a good proportion.

Any kind of broken nuts, including coconut, may be added to the fudge just before it is turned into the pan. Walnuts or pecans are especially nice.

Candied cherries, chopped candied orange-peel or citron may be added. Dates and raisins are often used also.

Flavoring may be varied to suit. Orange extract is good with brown sugar, chocolate or molasses. Lemon extract or lemon-juice is good in a white-sugar fudge from which the chocolate is omitted.

DIVINITY FUDGE

- | | |
|------------------------------------|------------------------------------|
| 2 cups sugar | 2 egg-whites |
| $\frac{1}{2}$ cup corn sirup | $\frac{3}{4}$ cup blanched almonds |
| $\frac{1}{2}$ cup water | 1 tablespoon almond or |
| $\frac{3}{4}$ cup candied cherries | lemon extract |

Put the sugar, water and corn sirup into a saucepan. Stir it while it dissolves over the fire, then let it boil without stirring to 265° F. While it is cooking, beat the whites of eggs stiffly and when the sirup is ready pour it over them, beating constantly. Beat until creamy and add nuts, cherries and extract, and pour into buttered tins.

The variations suggested for chocolate fudge give some changes which can be made successfully in this recipe.

MAPLE DIVINITY FUDGE

Use above recipe, using in addition one-half cup maple sirup.

PENOCHE

- | | |
|---------------------|--------------------|
| 3 cups brown sugar | 1 teaspoon vanilla |
| 1 cup milk | 1 cup nut-meats |
| 1 tablespoon butter | |

Put the sugar and milk into a saucepan and cook to the soft-ball stage, or 236° F. Remove from the fire, add butter and vanilla, and cool without stirring. When it is lukewarm, beat until it is creamy. Stir in the broken nut-meats. Hickory nuts or English walnuts are especially nice. Pour into a buttered pan and when it hardens mark into squares.

COCONUT CHRISTMAS CANDY

- | | |
|--------------------------------|----------------------------------|
| 2 cups sugar | $\frac{1}{2}$ teaspoon almond or |
| $\frac{2}{3}$ cup sweet milk | lemon extract |
| $\frac{1}{2}$ teaspoon vanilla | 2 cups grated coconut |
| Red fruit coloring | |

Boil the sugar and milk to the soft-ball stage, or 236° F. Add the flavoring extracts and enough red fruit coloring to make a delicate pink color. Cool until it is lukewarm; then beat until it is creamy, and stir in the coconut. Drop by spoonfuls on waxed paper or turn into pans and cut into long bars before it is quite cold.

MAPLE PRALINES

- | | |
|------------------------|--------------------|
| 2 cups sugar | 1 cup maple sirup |
| $\frac{2}{3}$ cup milk | 2 cups pecan-meats |

Boil the sugar, milk and maple sirup until the mixture reaches the soft-ball stage, or 236° F. Remove from the fire and cool. When it is

lukewarm, beat until it is smooth and creamy. Add any kind of broken nut-meats and drop on buttered paper from the tip of a spoon, making little mounds.

FONDANT

2 cups granulated sugar	2 tablespoons corn sirup or
1 cup water	$\frac{1}{8}$ teaspoon cream of tartar
1 teaspoon vanilla	

Put the sugar, corn sirup and water in a saucepan and heat slowly. Do not let it begin to boil until the sugar is dissolved. Wash down the sides of the pan with a fork wrapped in a damp cloth or else cover and cook for two or three minutes so that the steam will carry down the crystals that have been thrown on the side of the pan. Remove the cover and continue to boil slowly without stirring to the soft-ball stage, or 238° F. While cooking, keep the cover on part of the time so the steam can help to keep the crystals washed down.

Remove from the fire and pour at once on large platters or slabs which have been wet with water, and let it stand until it is lukewarm. Cream thoroughly; then knead with the hands until it is smooth and free from lumps. Fondant is better if allowed to ripen for several days. It may be wrapped in waxed paper and put in a tightly covered jar.

HONEY FONDANT

2 cups granulated sugar	$\frac{1}{3}$ cup honey	1 cup water
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Proceed as for plain fondant.

TUTTI-FRUTTI

Knead fondant and flavor with cherry or almond extract. Knead into it one-third its amount of a mixture of raisins, dates, figs, candied cherries, citron, orange-peel or other candied fruits, which have been chopped together. Shape into a flat cake and cut after it stands for an hour.

WINTERGREEN CREAMS

Melt a portion of fondant in the upper part of a double boiler until it is soft enough to drop from a spoon. It may be necessary to add a few drops of hot water. Color it with red vegetable coloring to a delicate pink. Flavor with oil of wintergreen. Stir until it is creamy. Drop from a teaspoon on oiled paper.

PEPPERMINT CREAMS

Follow instructions given for wintergreen creams, but leave the fondant uncolored and flavor with oil of peppermint.

NUT CREAMS

Knead fondant and flavor with almond or coffee extract. Knead into it a mixture of chopped nuts or shredded coconut. Shape into balls, squares or other shapes attractive for dipping into chocolate.

STUFFED DATES

Stone dates and stuff them with fondant which has been colored pink and flavored with rose water. A whole nut-meat should be inserted with the fondant. Prunes and figs may be stuffed in the same way.

CHOCOLATE BONBONS

Melt very slowly a good quality of specially prepared dipping chocolate, sweetened or unsweetened, in the top of a double boiler. Do not heat the water under the chocolate above 120° F., for overheating spoils chocolate for dipping. Stir it constantly while it is melting to keep an even temperature, and after it has melted, beat it thoroughly. Keep the heat very low during the dipping process. To dip centers, use a fork or confectioner's dipper. Drop centers in one at a time and when covered place on oiled paper. The room in which dipping is done should be cool, so that the chocolate may harden quickly.

MARSHMALLOWS

2 tablespoons gelatin
1/4 cup cold water
3/4 cup boiling water
2 cups sugar

1/8 teaspoon salt
1 teaspoon vanilla
Confectioners' sugar

Soak the gelatin in the cold water until it has taken up all the water. Boil the sugar and water to the soft-ball stage, or 236° F. Add the vanilla to the gelatin. Pour the sirup slowly over the gelatin, beating constantly with a whisk until cool and thick. Butter a shallow pan slightly and dust with confectioners' sugar. Turn the marshmallow mixture into the pan and smooth the top evenly. Dust with confectioners' sugar. Let it stand overnight, and in the morning cut it into small squares and roll in confectioners' sugar.

VARIATIONS FOR MARSHMALLOWS

Chopped nuts, dates, figs, raisins or candied cherries may be added to the recipe for marshmallows. Plain marshmallows may be rolled in coconut before being rolled in sugar, or they may be dipped in melted chocolate. Marshmallows may be tinted.

VANILLA CARAMELS

2 cups sugar
 $\frac{1}{2}$ cup corn sirup
 $\frac{1}{2}$ cup milk
 1 teaspoon vanilla

4 tablespoons butter or
 butter substitute
 1 cup cream or condensed
 milk

Cook the ingredients, except the vanilla, to the firm-ball stage, or 246° F. Remove from the fire, add the vanilla and pour into a buttered pan. When it is cold, turn it out of the pan and cut it into squares.

CHOCOLATE CARAMELS

2 cups sugar
 $\frac{1}{2}$ cup corn sirup
 $\frac{1}{2}$ cup cream or condensed
 milk
 $\frac{1}{2}$ cup milk

4 tablespoons butter or
 butter substitute
 3 squares chocolate
 1 teaspoon vanilla

Break the chocolate in small pieces, add to the ingredients and proceed as for vanilla caramels.

MOLASSES TAFFY

2 cups molasses
 1 cup granulated sugar
 $\frac{3}{4}$ cup water
 $\frac{1}{8}$ teaspoon soda

4 tablespoons butter or
 butter substitute
 $\frac{1}{2}$ teaspoon vanilla

Cook the molasses, sugar and water slowly to the hard-ball stage, or 260° F., stirring during the latter part of the cooking to prevent its burning. Remove from the fire, add the butter, soda and vanilla and stir enough to mix. Pour into a greased pan and, when cool enough to handle, pull it into a long rope and cut with scissors into small pieces.

WHITE TAFFY

2 cups granulated sugar
 $\frac{1}{2}$ cup water
 1 teaspoon glycerin

2 $\frac{1}{2}$ tablespoons vinegar
 1 teaspoon lemon or vanilla

Boil the sugar, water, glycerin and vinegar to the hard-ball stage, or 260° F. Pour on to a greased platter. Add flavoring. When cool enough to handle, pull until very white and cut into short pieces.

NOUGAT

2 cups sugar
 $\frac{1}{3}$ cup corn sirup
 1 cup water
 4 egg-whites

1 teaspoon vanilla
 $1\frac{1}{2}$ cup nut-meats
 $\frac{1}{2}$ cup candied cherries

Boil together one-half the sugar, half of the water and half of the corn sirup to the crack stage, or 280° F. Remove the sirup from the fire and pour it slowly over the well-beaten whites and continue beating until it is cool. While beating, cook the remaining half of the ingredients to the crack stage, or 280° F. Remove and add at once to the first mixture, beating while adding. When cool, add the vanilla, nut-meats and candied cherries and pour into buttered pans. Smooth over the surface and let it stand overnight before cutting. In the morning cut and wrap in oiled paper.

MAPLE SCOTCH

1 cup maple sugar
 $\frac{1}{2}$ cup water
 1 teaspoon vinegar

4 tablespoons butter or
 butter substitute

Boil together the maple sugar, water and vinegar to the firm-ball stage, or 246° F. Then add the butter or butter substitute and cook to the crack stage, or 270° F. Turn into a well-buttered pan. Mark while still warm, and when cold break into pieces.

POP-CORN BALLS

3 quarts popped corn
 1 cup sugar
 $\frac{1}{3}$ cup white corn sirup

1 cup water
 $\frac{1}{4}$ teaspoon salt
 1 teaspoon lemon or vanilla

Discard all imperfect kernels of corn. Put the corn into a large pan. Cook sugar, sirup and water to the crack stage, or 270° F. Add flavoring and salt. Pour slowly over the corn, stirring with a spoon so that all kernels will be evenly coated. Shape the corn into balls and lay on waxed paper. Wrap in waxed paper, if desirable.

HONEY CORN BALLS

3 quarts popped corn
 1 cup honey
 1 cup sugar

$\frac{2}{3}$ cup water
 2 tablespoons butter
 $\frac{1}{4}$ teaspoon salt

Proceed as for pop-corn balls.

HONEY DROPS

1 pound white sugar $\frac{1}{2}$ cup strained honey $\frac{1}{2}$ cup water

Cook the sugar and water slowly, stirring until the sugar is dissolved. Add the honey and boil to the brittle stage, or 300° F. Pour into a buttered pan. When cool, roll into long, round sticks. Cut off small drops with the scissors and pinch into shape.

MOLASSES PEANUT CANDY

1 cup molasses $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup brown sugar $\frac{1}{8}$ teaspoon cream of tartar
 1 cup shelled peanuts

Boil together the molasses, sugar, water and cream of tartar to the brittle stage, or 300° F. Beat in the peanuts and turn into an oiled pan.

MAPLE NUT BRITTLE

1 cup light-brown sugar 1 teaspoon vanilla
 1 cup maple sugar 1 cup broken nut-meats
 $\frac{1}{2}$ cup water 2 tablespoons butter or
 $\frac{1}{4}$ teaspoon salt butter substitute

Boil the sugar and water to the firm-ball stage, or 246° F. Then add the butter or butter substitute and cook to the brittle stage, or 290° to 300° F. Add the vanilla and salt and pour over the nut-meats, which have been placed on a buttered pan. When cold, break into pieces.

PEANUT BRITTLE

2 cups granulated sugar 1 pint chopped peanuts 1 teaspoon salt

Put the granulated sugar into an iron frying-pan and heat slowly until the sugar is melted and turns a light brown, or slightly above 300° F., stirring constantly. Have in readiness the finely chopped peanuts, sprinkled with the salt. Place these in a buttered tin, warm slightly and pour over them the melted sugar.

GLACÉ FRUITS

2 cups sugar 2 tablespoons lemon-juice or
 1 cup water $\frac{1}{8}$ teaspoon cream of tartar
 Fruit

Make a sirup of the sugar and water. Boil, without stirring, to the hard-crack stage, or 300° F. Remove the saucepan from the fire and

set it in an outer pan of boiling water to prevent the sirup from hardening. Add the lemon-juice. Dip the fruits, one at a time, into the hot sirup. Remove and place on an oiled paper to dry.

CANDIED PEEL

Cut the peel of oranges, lemons or grapefruit into halves or quarters. Let them stand overnight in salted water (one tablespoon salt to one quart water). Drain and wash thoroughly. Cook, changing the water until it loses its bitter flavor. When tender, drain. Make a sirup of equal measures of water and sugar. Boil five minutes. Cut the peel into strips or leave it whole. Add to the sirup and cook until the peel becomes transparent. If necessary, a small amount of boiling water may be added. Drain on a platter or plates and roll in granulated sugar.

TURKISH DELIGHT

3 tablespoons gelatin	Grated rind and juice of 1 orange
2 cups sugar	Grated rind and juice of 1 lemon
$\frac{1}{2}$ cup cold water	Red or green coloring
$\frac{1}{2}$ cup hot water	

Soak the gelatin in the cold water. Put the sugar and hot water in a saucepan. When it reaches the boiling-point, add the gelatin and simmer twenty minutes. Add color and the flavorings; strain into a bread-pan which has been rinsed with cold water. The mixture should be from one-half to one inch in depth.

When it is cold, turn it on to a board. Cut into cubes or other shapes and roll in confectioners' sugar.

COCONUT CONES

2 cups sugar	3 egg-whites
$\frac{2}{3}$ cup water	2 cups shredded coconut
$\frac{1}{2}$ teaspoon vanilla	

Boil the sugar and water together to the soft-ball stage, or 236° F. Add the vanilla and gradually pour it over the stiffly beaten whites of the eggs. Beat until light and foamy, stir in the coconut and drop on buttered tins by teaspoonfuls. Shape each confection like a cone. Bake in a slow oven (300° F.) for about twenty minutes.

MARZIPAN

2 egg-whites	1 cup confectioners' sugar
1 cup almond paste	(approximately)
$\frac{1}{2}$ teaspoon lemon or vanilla	

Beat the egg-whites and mix with the almond paste. Add the flavoring and the sugar. The amount of sugar varies, since the paste

varies, but the mixture must be stiff enough to handle. After it has stood overnight, it may be molded into very small shapes of fruits or vegetables such as pears, apples or carrots, or it may be molded into small pieces and dipped in chocolate or other coating, or used as the center for candied cherries, dates, prunes, etc.

The almond paste may be bought at a confectioner's, or the almonds may be blanched and pounded. Two and two-thirds cups shelled almonds make one cup of paste.

ALMONDETTES

1 cup blanched almonds 10 ounces dates

Wash the dates carefully, stone them and mix with the almonds, which may or may not be toasted. Put through the coarse cutter on the food-chopper and mix thoroughly, keeping the hands wet with clear water. Form in rolls and cut off pieces the size of walnuts or smaller if desired. These may be kept indefinitely.

GIPSY BROWN BURRS

10 ounces dates 1 cup grated and toasted
1/4 pound figs coconut

Wash dates and seed them, mix with the figs and put through the medium cutter on the food-chopper. Knead well with the hands wet with clear water and form into rolls an inch long and one-half inch thick. Roll in the toasted coconut.

STUFFED SPICED PRUNES

1/2 pound prunes	1/8 teaspoon grated nutmeg
1/2 cup sugar	1/2 teaspoon cinnamon
1/8 cup corn sirup	5 allspice berries
1/8 cup water	1/8 teaspoon maple flavoring
3 to 6 cloves	Chopped nut-meats

Soak the prunes over night, after washing them thoroughly. Drain off the water and add the sugar, sirup, water and the spices and simmer slowly until the sirup is all absorbed into the prunes. Carefully slip out the stones and fill the cavities with chopped nut-meats moistened with a little sirup or with cream. Roll in confectioners' sugar.

PARISIAN SWEETS

1 pound raisins	1 pound figs
3/4 pound English walnut-meats	1/2 pound prunes
1 pound dates	Confectioners' sugar

Soak the prunes overnight. Steam until they are soft and remove stones. Wash the figs, and steam them twenty minutes. Wash the dates and remove the stones. Put the fruit and nuts through a food-chopper. Put confectioners' sugar on the board and with the hands work the fruit and nuts until well blended. Roll to about one-quarter inch thick, using the sugar to dredge the board and rolling-pin. Cut in any desired shape, roll in sugar, pack in layers in a tin box, using waxed paper between the layers.

HOLIDAY COCONUT BALLS

$\frac{1}{3}$ cup corn sirup	$\frac{1}{4}$ cup currants
$\frac{1}{4}$ teaspoon maple flavoring	$\frac{1}{2}$ cup raisins
	1 cup shredded coconut

Stir the ingredients together to make a stiff loaf. Pack in a small cake-tin. Chill in the refrigerator and roll into small balls. Dust with confectioners' sugar.

TUTTI-FRUTTI CANDY

1 cup figs	1 cup hickory-nut meats
1 cup seeded raisins	2 tablespoons fruit-juice
1 cup dates	1 tablespoon candied citron

Wash the figs, raisins and dates. Remove the stones from the dates, place all the fruits in a wire sieve over hot water. Cover and steam for twenty minutes. Remove and cool. Add the nut-meats and put the mixture through a meat-chopper. Add the fruit-juice. Roll into small balls.

TO BLANCH ALMONDS

Shell the almonds and pour boiling water over them. Let them stand from two to five minutes, until the brown skin can be slipped off with the fingers. Pour off the water and remove the skins.

SALTED ALMONDS OR PEANUTS

Blanch the almonds, and remove the thin brown skin from the peanuts. Dry the almonds well. Put a small amount of oil into a dripping-pan, pour in the nuts and stir them until they are well coated with oil. Set the pan in the oven and stir the nuts often until they become light brown. Drain them in a colander, spread on a platter and sprinkle with salt.

FRUIT DESSERTS

Fresh fruits are the simplest and easiest of all desserts to prepare and are at their best when served ripe and in season. When fruit comes from the market, it should be cleaned, washed and kept in a cool place.

FRESH BERRIES

Place on ice until they must be prepared for serving. Wash, drain and pick over carefully. The hulls of strawberries are usually removed. Strawberries when very large and perfect may be served with hulls on and dipped into powdered sugar when eaten, or they may be hulled and served with cream and sugar.

CANTALOUPE

Cut in halves and with a spoon remove the seeds without injuring the flesh. The sections may be filled with fresh raspberries or other fruit. When used as an appetizer at the beginning of a meal, a quarter of a large cantaloupe is sufficient. Chilled melon balls are often served: They must be very cold.

WATERMELON

To serve a whole watermelon at the table, cut in halves crosswise, and cut a slice from each end, to make it stand on a platter. Garnish the platter with green leaves. The melon should be ice cold. It may be served in round slices, halves, or quarters, from which rind may or may not have been removed, or the pulp may be shaped in balls or dice and served in glasses. See chapter on "Appetizers."

The pulp may be scooped out in large spoonfuls and served in a watermelon tub shaped from the rind.

GRAPEFRUIT

See chapter on "Appetizers."

ORANGES

Cut in halves crosswise, serving a whole orange to each person. Loosen the pulp from the center skin with a sharp knife. (Follow directions for preparing grapefruit.) Place an orange spoon at each plate at the right of the fruit.

Oranges may be peeled and cut in quarter-inch slices and laid in an overlapping row, allowing about four slices to each person. Place a small fork on the plate at the right of the fruit.

ICED ORANGE-JUICE

Fill small glass cups with strained orange-juice and set each in the center of a soup plate filled with cracked ice. This makes a delicious fruit course for breakfast.

STUFFED PEACHES

Pare large peaches and cut a slice from the top of each. Remove the pits without breaking the fruit and fill hollows with any chopped fruit, such as apples, citron, raisins, or with nuts. Sprinkle with sugar and a little cinnamon or nutmeg. Pour custard over the peaches and bake; or serve cold soft custard with the chilled fruit.

SLICED BANANAS

Chill and slice the bananas, serve with lemon-juice and sugar.

FRESH-FRUIT CUP—No. 1

$\frac{1}{2}$ pineapple	3 oranges
1 cup strawberries	2 tablespoons lemon-juice
3 bananas	Sugar

Peel and dice the pineapple, bananas and oranges. Wash and hull the strawberries. Mix all together, with the lemon-juice and sugar, and set on ice until very cold.

FRESH-FRUIT CUP—No. 2

$\frac{1}{2}$ dozen oranges	Sugar	$\frac{1}{2}$ fresh coconut
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Slice the oranges, grate the coconut and mix sugar with it. Alternate layers of oranges and coconut and heap coconut on top. Serve very cold.

FRESH-FRUIT CUP—No. 3

Peel and slice oranges and arrange in a glass dish alternate layers of oranges and sugar until all the fruit is used. Whip some sweet cream very stiff, sweeten and flavor it and spread it over the oranges. Serve very cold.

Shredded pineapple and sliced bananas may be added, if desired.

FRESH-FRUIT CUP—No. 4

3 oranges	3 bananas
1 cup diced pineapple	1 cup coconut

With a sharp knife cut the orange and pineapple into thick slices, then cut them into bits free from seeds and membrane. Slice the

bananas thin and grate the coconut. Arrange alternate layers of the different fruits in a deep dish and sprinkle each layer with sugar. Over the whole pour any fruit-juice. Serve very cold.

MACÉDOINE OF FRUIT

3 peaches	$\frac{1}{2}$ cup diced watermelon
3 pears	1 cup raspberries
$\frac{1}{2}$ cup diced pineapple	$\frac{1}{3}$ cup sugar

Pare and slice peaches and pears, cut pineapple and melon in small pieces, mix fruit and sugar, and chill for one hour. Serve in glasses, adding one tablespoon whipped cream to each glass just before serving. A berry or piece of pineapple placed on the cream gives color to the dish.

VERMONT QUARTERED APPLES

6 firm, tart apples	3 tablespoons butter or
4 tablespoons shaved	butter substitute
maple sugar	1 cup boiling water

Pare, quarter and core the apples, and place on an earthenware pie-plate. Mix the maple sugar, butter or butter substitute and boiling water and boil for five minutes. Pour this sauce over the apples, place in a quick oven, and bake until the apples are soft. Baste occasionally with the hot sirup. This makes a delicious dessert served with cream. It may also be served in the baking-dish with duck or goose.

APPLE SAUCE

Wash, pare, quarter and core sour, juicy apples. Place them in a porcelain kettle with just enough water to keep them from burning and boil until tender. Add sugar to taste and boil a few minutes longer. Serve hot or cold.

SPICED APPLE SAUCE

12 apples	6 cloves	1 cup brown sugar
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Pare, quarter and core apples. Place in a saucepan, sprinkle with the sugar, add cloves, and just enough water to prevent the apples from burning. Cook slowly until tender and either crush to a pulp or press through a sieve. Cinnamon, nutmeg, or lemon-juice is sometimes used for flavoring.

Unless otherwise specified, the recipes in this chapter are based on the service of six persons. In cooking for fewer or more, decrease or increase the quantities given.

BLUSHING APPLES

6 red apples
1½ cup sugar

1½ cup water
Whipped cream

Core the apples. Cook in sirup made of sugar and water, turning so that they will cook evenly until they are tender. Carefully remove the skin, scraping the red pulp from it and pasting on the sides of the apple. Put the apples in a serving-dish. Reduce the sirup to one cup, and add the grated rind and juice of one orange, the juice of one lemon, and if desired, nuts, candied orange-peel, or raisins. Pour sirup over apples and serve with whipped cream.

JELLIED APPLES

Pare and core the required number of apples and bake, steam or boil in sirup until tender. Cool. Cover the bottom of individual molds with lemon jelly, put in apple and cover with jelly. Unmold and serve with meringue or whipped cream.

STEAMED APPLES

Core the apples, fill cavities with sugar and put in a saucepan with hot water about an inch deep. Cover and cook slowly, turning the apples over once. This will steam the apples and, if they are red, will preserve their color. These resemble baked apples and the same variations may be used.

STEWED RHUBARB

Wash, but do not peel, the rhubarb and cut it in one-inch pieces. Add one-half as much sugar as rhubarb, put in a saucepan with just enough water to keep the fruit from burning. Very little water is needed, as rhubarb provides its own moisture. Cook rapidly until tender.

BAKED RHUBARB

Prepare as for stewing, using same proportion of sugar and rhubarb, and bake in a slow oven. Bake until the rhubarb is reduced to a soft, red pulp.

BAKED SWEET APPLES

Select sound sweet apples. Core and place one teaspoon of sugar in each cavity. Place in a baking-dish, add water to cover the bottom of the pan, and bake in a slow oven for two or three hours. They should be cooked until perfectly soft and until the juice which oozes out becomes gelatinous.

BAKED SOUR APPLES

Follow the directions for baking sweet apples, using one tablespoon of sugar in each cavity and basting the apples occasionally while baking. They will require from one-half to one hour, depending on the variety of apples.

Baked apples may be varied by filling the centers with brown sugar and raisins; sections of bananas; red cinnamon candies instead of sugar; marshmallow; marmalade or jelly; honey or corn sirup and lemon-juice for sweetening; spices and lemon-juice; nuts, raisins; candied orange-peel; candied pineapple; preserved ginger—in combination or alone; canned or fresh berries, peaches, other fruits or left-over fruit-juice. Meringues, custard sauce, whipped cream and marshmallow sauce may be used as a garnish.

BAKED STUFFED APPLES

6 large tart red apples	1 teaspoon cinnamon
1 cup chopped bananas	Chopped nut-meats
1 cup chopped cranberries	Whipped cream
1 cup sugar	

Cut off the stem end of the apples, but do not peel them. Remove all the core and part of the pulp, leaving the walls of the cup about three-fourths inch thick. Mix bananas, cranberries, sugar, and cinnamon. Fill the cavities in the apples with this mixture, cover with chopped nut-meats, and bake in the oven until tender. Serve cold with a spoonful of whipped cream on top of each apple.

STUFFED BAKED PEARS

Pare and core large pears and stuff with seeded dates, raisins or chopped nuts with some tart marmalade or shredded coconut. Place close together in a baking-dish, cover bottom of pan with water and bake slowly until tender.

MERINGUED PEARS

6 large pears	Candied ginger
6 tablespoons sugar	3 egg-whites
Grated lemon-rind	$\frac{1}{4}$ cup powdered sugar

Pare and core the pears, place them in a baking-dish and fill the centers with one tablespoon sugar, a little grated lemon-rind or candied ginger. Add three or four tablespoons of water and bake until tender. Cover them with a meringue made with the stiffly beaten whites of eggs and the sugar. Brown quickly.

For detailed directions for meringues see page 601.

Dried Fruits

If prepared carefully, most dried fruits retain their flavor. Except for the vitamins, none of the food values of the product are destroyed in drying, for this method of preservation only drives off the moisture of perishable foods through evaporation. All fruits contain a large amount of water, sometimes as much as ninety per cent., which can be restored to the food by soaking in cold water. The time required for this depends on the kind of fruit; from six to twelve hours is sufficient.

Since the dried foods lose some of their mineral content in the water in which they are soaked, they should be cooked in this same water. Allow from three to four cups of water to each cup of dried fruit when putting it to soak. The change in the color of the dried fruits is due to the action of the oxygen in the air upon various elements in the perishable foods. Dried fruits should be carefully looked over before cooking, washed well and drained. Cook slowly. In stewing, do not add the sugar until the fruit is nearly done.

The flavor of dried fruits is improved by additional seasoning; lemon, cinnamon and whole cloves are frequently used.

STEWED PRUNES

Cover the fruit with cold water and soak overnight. Cook slowly until tender, in water in which they were soaked. If sugar is desired, add just before the cooking is completed. Usually prunes are better cooked without sugar unless lemon-juice is added also. To each pound of prunes, the juice of one lemon and two to four tablespoons sugar may be added.

STEWED RAISINS

Wash as many as are needed and soak in cold water, then heat slowly in the same water, and simmer over a low flame until tender.

STEWED FIGS

Follow directions for stewed prunes.

STEAMED FIGS

18 pulled figs	3 teaspoons confectioners'
2 tablespoons water	sugar
1 orange	$\frac{3}{4}$ cup cream

Wash the figs and cut out the stem end. Soak several hours, or overnight. Cook in a double boiler slowly until tender. Arrange the hot figs in individual dessert dishes around a central small mound

of orange portions which have been skinned and sprinkled with sugar. Border with whipped cream sweetened and slightly flavored with orange-juice.

KNICKERBOCKER FIGS

$\frac{1}{2}$ pound figs	$\frac{1}{4}$ cup orange-juice
Maraschino cherries	3 tablespoons sugar
Pecan nuts	2 teaspoons lemon-juice

Stuff the figs with cherries and broken nut-meats, allowing two cherries and five nut-meats to each fig. Mix the orange-juice, sugar, and lemon-juice, add the figs, cover and simmer until the figs are tender. Drain, cool and serve in individual paper cases.

BAKED DRIED RHUBARB

1 cup dried rhubarb	$\frac{1}{4}$ cup chopped raisins
3 cups cold water	$\frac{1}{2}$ cup brown sugar

Soak the rhubarb in cold water overnight. Place in a well-oiled baking-dish a layer of rhubarb, a layer of raisins, and a layer of brown sugar. Continue until all the ingredients are used. Pour over the top the water in which the rhubarb was soaked. Bake slowly one hour.

DRIED-PEAR MERINGUE

6 dried half pears	3 tablespoons powdered sugar
6 slices of cake	$\frac{1}{4}$ teaspoon salt
3 egg-whites	$\frac{1}{2}$ teaspoon lemon extract

Soak and cook the pears. Soften the cake with pear-juice and place the pears on the cake. Make a meringue with the egg-whites, sugar, salt and extract. Pile upon the pear halves and bake in a moderate oven for ten minutes. Serve warm with a custard sauce made of the three egg-yolks or a sauce made of thickened pear-juice. For detailed directions for making meringues and custards, see pages 601 and 548.

GELATIN AND CREAM DESSERTS

Standard Directions for Making Gelatin Jellies

1. Soak gelatin in cold water until soft.
2. Add to boiling water and stir over hot water until thoroughly dissolved. The object of heating so little of the water is to hasten the cooling and solidifying of the gelatin mixture.
3. Add sugar and stir until dissolved.
4. Remove from heat. Add remaining liquids or fruit pulp, cold, and mix thoroughly.
5. **For plain jelly**, pour into cold wet molds.
6. **For whips, sponge, charlotte or Bavarian cream**, let it stand until it begins to congeal.
7. **For whips**, whip the congealing jelly until light and frothy.
8. **For sponges**, whip the congealing jelly until light and frothy, then add beaten egg-whites and mold.
9. **For charlottes**, fold cream or beaten egg-white or a mixture of the two into the congealing jelly, then mold.
10. **For Bavarian creams**, fold whipped cream into congealing jelly, and mold.

ONE QUART STANDARD GELATIN JELLY

1 ounce (2 tablespoons)	$\frac{1}{4}$ to 1 cup sugar, depending
granulated gelatin	on materials used
$\frac{1}{2}$ cup cold water	3 cups other liquid or fruit
$\frac{1}{2}$ cup boiling water	

Lemon-juice requires more sugar than orange-juice, and orange-juice more than coffee or cream.

STANDARD FORMULA FOR SPONGES

Use any plain gelatin jelly recipe with these exceptions:
Reduce cold liquid one-fourth. Whip the jelly and add beaten whites of two eggs after jelly begins to congeal.

STANDARD FORMULA FOR CHARLOTTE OR BAVARIAN CREAM

Use any plain gelatin jelly recipe with these exceptions:
Reduce cold liquid one-half or less and replace with an equal amount

of cream, which should be beaten and folded in after the mixture begins to congeal. Part cream and part whipped egg-white may be used.

LEMON JELLY

1 ounce (2 tablespoons)	2¼ cups ice-water
granulated gelatin	1 cup sugar
½ cup cold water	¾ cup lemon-juice
½ cup boiling water	A little lemon-rind

Follow standard directions for making. Serve with cream or soft custard.

SNOW PUDDING OR LEMON WHIP

When lemon jelly begins to congeal, beat it thoroughly with an egg-beater. Mold. When cold and jellied, serve with soft custard.

LEMON SPONGE

Reduce the ice-water in lemon jelly to two cups. When the jelly begins to congeal, whip until light and frothy and fold in the stiffly beaten whites of two eggs. Serve with cream or soft custard.

ORANGE JELLY

1 ounce (2 tablespoons)	1 cup ice-water
granulated gelatin	1½ cup orange-juice
½ cup cold water	3 to 4 tablespoons lemon-juice
½ cup boiling water	A little grated orange-rind
1 cup sugar	(may be omitted)

Follow standard directions for making jelly.

ORANGE WHIP

When orange jelly begins to congeal, whip until light and frothy. Mold.

ORANGE SPONGE

Reduce the ice-water in orange jelly to one-half cup. When the jelly begins to congeal, whip until light and fold in the stiffly beaten whites of two eggs.

ORANGE CHARLOTTE OR BAVARIAN CREAM

Omit the ice-water in orange jelly. When the jelly begins to congeal, fold in one cup of whipping cream beaten to a stiff froth. The jelly may be whipped before adding the cream, if desired. It makes a more delicate product.

FRUIT JELLIES, WHIPS, SPONGES, CHARLOTTE OR BAVARIAN CREAMS

Use recipe for orange jelly, orange sponge, charlotte or Bavarian, substituting one and one-half cup of fruit pulp or juice for one and one-half cup of orange-juice. If stewed sweetened fruit is used, reduce the amount of sugar proportionately. Fresh raspberries, strawberries and peaches make particularly good sponges and Bavarian creams.

COFFEE JELLY

1 ounce (2 tablespoons)	$\frac{1}{2}$ cup boiling water
granulated gelatin	1 cup sugar
$\frac{1}{2}$ cup cold water	3 cups strong coffee

Follow standard directions for making jelly. Particularly good served with whipped cream.

FIG AND GINGER PUDDING

$\frac{1}{2}$ pound crystallized ginger	$\frac{1}{2}$ teaspoon powdered ginger
1 $\frac{1}{2}$ pound figs	$\frac{1}{2}$ ounce (1 tablespoon) granulated gelatin
2 cups sugar	$\frac{1}{2}$ cup cold water
5 cups water	Whipped cream

Cut the crystallized ginger and figs into tiny pieces. Dissolve the granulated sugar in the water, and add the powdered ginger, the crystallized ginger and the figs. Place all in a double boiler and simmer slowly all day. The entire mass must form a soft pulp so that the ingredients will scarcely be recognized. Soften the gelatin in the cold water and stir into the mixture while hot. Turn into high-stemmed glasses and serve ice cold with whipped cream.

GRAPEFRUIT À LA ST. PATRICK

1 ounce (2 tablespoons)	$\frac{3}{4}$ cup sugar
granulated gelatin	1 cup ice-water
$\frac{1}{2}$ cup cold water	2 cups grapefruit pulp and juice
$\frac{1}{2}$ cup boiling water	Maraschino cherries
Fresh mint	

Keep the grapefruit skins, in halves. Simmer a few sprigs of fresh mint in the boiling water until the flavor is extracted. Follow the standard directions for making jelly. When jelly is firm, cut it into cubes, pile the cubes in the grapefruit shells and garnish with sprigs of mint and cherries.

RAISIN EGGS

1 ounce (2 tablespoons)	3 tablespoons lemon-juice
granulated gelatin	2½ cups pineapple-juice and
½ cup cold water	pulp
½ cup boiling water	1 cup steamed and chopped
¼ cup sugar	raisins

Follow standard directions for making jelly. When it is beginning to set, add the raisins. Pour into molds the shape of half eggs or into large spoons and place in a cold place until firm, then remove from the molds and form into the shape of eggs by putting halves together with a little soft gelatin. Let stand in a cold place to stiffen.

FRUIT EGGS

1 ounce (2 tablespoons)	2½ cups cold water
granulated gelatin	1 cup chopped dates
½ cup cold water	1 cup chopped figs
½ cup boiling water	Chopped nuts
3 tablespoons sugar	

Follow standard directions for making jelly. When jelly begins to solidify, stir in the dates and figs and a few chopped nuts. Shape as directed for raisin eggs.

CHOCOLATE EGGS

1 ounce (2 tablespoons)	¼ cup sugar
granulated gelatin	3 tablespoons grated sweet
½ cup cold milk	chocolate
½ cup hot milk	3 cups cold milk

Add the melted chocolate to dissolved gelatin mixture before adding the cold milk. Otherwise follow standard directions for making jelly, then mold as for raisin eggs.

JELLIED PRUNES

1 ounce (2 tablespoons)	2 tablespoons lemon-juice
granulated gelatin	½ pound prunes
½ cup cold water	2 cups water
½ cup boiling water	Cream
¾ cup sugar	

Wash the prunes, soak overnight in the water and cook until tender in the same water. Drain, reserving the liquid. Remove the stones and cut the prunes in quarters. Mix prune-juice and pulp and add

boiling water, if necessary, to make two cups. Chill and add lemon-juice. Follow standard directions for making jelly. This may be served with whipped or plain cream.

DECORATING JELLY

Place mold in pan of crushed ice. Pour in a layer of jelly about one-half inch deep. When firm, arrange a design of fruit or nuts or both, dropping a few drops of jelly on each piece to hold the design when the jelly hardens. When the jelly holding the design in place has congealed, add enough jelly to cover the design and let this harden. A single design may serve or alternate layers of fruit and jelly may be arranged in this way. Each layer must congeal before the next is added.

DIPLOMATIC PUDDING

This requires a double mold or two molds of different sizes, the outer ring being filled with jelly and the inner mold with Bavarian cream or sponge mixture. Make a lemon-jelly mixture. Dip the larger mold in ice-water and pour in the jelly mixture one-half inch deep. As soon as the jelly is firm, make a design on the bottom of the mold with candied fruits. Fasten it in place with jelly. When firm, cover the fruit with one-half inch more of the jelly mixture.

If a double mold is not available, the time to begin to use the smaller mold is when this second layer of jelly is firm. Place the smaller mold exactly in the center of the jelly and fill with ice-water. Alternate layers of fruit and jelly until the space between the two molds is filled. Use different colored fruits for the different layers of jelly. The sides may be plain, if preferred, the design on the top being the only decoration. When firm, pour out the ice-water in the inside mold and fill with tepid water; this will enable you to remove the smaller mold. Fill the cavity with a cream having a flavor which combines well with the flavor of the jelly around it. Turn out the mold and serve.

FRUIT CHARTREUSE

Follow the recipe for diplomatic pudding, filling the cavity in the center with fresh sweetened fruit, using several kinds of fruit in combination.

VELVET CREAM—No. 1

$\frac{1}{2}$ ounce (1 tablespoon) granulated gelatin	4 tablespoons powdered sugar
$\frac{1}{4}$ cup cold water	1 pint cream
$\frac{1}{4}$ cup boiling water	1 teaspoon vanilla

Follow standard directions for making the jelly. When the jelly begins to congeal, add the cream. Flavor with vanilla. Turn into a mold and place on ice to harden. Serve with maple sauce.

VELVET CREAM—No. 2

Use same ingredients as for preceding recipe. Whip the cream and fold into it the dissolved gelatin and sugar mixture. Mold.

SPANISH CREAM

1 ounce (2 tablespoons)	$\frac{1}{4}$ teaspoon salt
granulated gelatin	2 eggs
$\frac{1}{2}$ cup cold water	$2\frac{1}{4}$ cups cold milk
$\frac{1}{2}$ cup hot milk	1 teaspoon vanilla
$\frac{1}{3}$ cup sugar	

Make a custard of the egg-yolks, sugar and hot milk. Add the softened gelatin. Proceed as for standard sponge mixtures. Mold, chill and serve with whipped cream.

MOCK BAVARIAN CREAMS

Follow directions for Spanish cream, using any fruit mixture instead of milk.

PLAIN BAVARIAN CREAM

1 ounce (2 tablespoons)	$\frac{1}{2}$ cup sugar
granulated gelatin	Salt
$\frac{1}{2}$ cup cold water	1 teaspoon vanilla
1 pint scalded milk	1 pint heavy cream
4 egg-yolks	

Soak the gelatin in cold water until soft. Make a soft custard of the milk, egg-yolks, sugar and flavoring. Stir the softened gelatin into the hot custard. When the gelatin has dissolved, strain and cool. Whip the cream and fold it in as the mixture congeals.

RICE BAVARIAN

$1\frac{1}{2}$ pint milk	1 ounce (2 tablespoons)
Lemon-peel	granulated gelatin
$\frac{1}{2}$ cup rice	$\frac{1}{2}$ cup cold water
$\frac{1}{4}$ teaspoon salt	1 cup heavy cream
$\frac{1}{2}$ cup sugar	Strawberries
1 teaspoon flavoring	

Put the milk and a few thin cuts of lemon-peel into a double boiler. When it is hot, stir in the well-washed rice and salt. Cook until the

rice is perfectly tender. The milk should be nearly absorbed, leaving the rice very moist. Add to the hot cooked rice the flavoring, the sugar and the gelatin, which has been soaked in the cold water, and mix carefully. When the mixture is beginning to set, fold in the cream, whipped stiff. Pour into a mold. Serve with sweetened crushed strawberries. The white mold with red sauce makes a charming combination.

MONT BLANC

1 pound large chestnuts	½ teaspoon salt
(Italian chestnuts are best for this)	¾ cup sugar
	Whipped cream

Put the chestnuts into the oven for a moment, until the shell and inner skin can be easily removed. Boil the skinned chestnuts in water with the salt and three tablespoons of the sugar, until they are very tender. Add one-half cup sugar to the water and chestnuts and let stand until thoroughly cold. Remove chestnuts from this sirup and run them through a potato-ricer on to a platter, mounding it high. Save a few of the finest whole pieces to decorate the dish. Top it all with a spoonful of sweetened whipped cream, and put a border of whipped cream around the edge of the dish, dotting it with the whole nuts here and there.

MACAROON BISQUE

1 cup heavy cream	18 macaroons
Powdered sugar	6 maraschino cherries
Vanilla	

Whip a cup of cream until stiff, sweeten with powdered sugar and flavor lightly with vanilla. Stir in six macaroons broken in small pieces, but not powdered. Pile in sherbet glasses with a border of the whole macaroons and decorate with marshmallows or maraschino cherries. This is an excellent emergency dessert.

PINEAPPLE AMBROSIA

1 fresh pineapple	2 tablespoons sugar
½ pound marshmallows	1½ tablespoons lemon-juice
1 cup heavy cream	

Shred the pineapple with a fork. Cut the marshmallows into small pieces, using a pair of scissors. Mix the pineapple and marshmallows and let stand on ice until thoroughly chilled. Just before serving, whip the cream and add the sugar to it. Add lemon-juice to the pineapple mixture and then fold in the whipped cream. Serve immediately in individual glasses or in a large dessert dish.

PEACH FLUFF

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| 1 cup sugar | 2 egg-whites |
| 1 cup thick cream | 4 cups sliced peaches |

Add half the sugar to the cream, stir until the sugar is dissolved, and then add the whites of the eggs beaten stiff. Place the sliced peaches in a dish, sprinkle them with the remainder of the sugar, pour on the cream mixture, and serve at once. The success of this depends upon its being thoroughly chilled when served. The cream, eggs and fruit should be placed on ice at least two hours before the dish is to be prepared, and the latter should be sent to the table as quickly as possible, being kept in the ice-box until needed.

Apple fluff or berry fluff may be made in the same way.

FIG PUFF

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|-----------------------------------|------------------------------|
| 1 cup cream | 2 tablespoons powdered sugar |
| 1 egg-white | Chopped figs |
| 1 tablespoon grapefruit marmalade | Maraschino cherries, |
| | Shredded almonds |

Whip the cream until thick. Beat the egg-white until stiff, then combine with the cream and add the sugar and marmalade. Stir chopped figs into the mixture until it becomes very thick. Pack in long-stemmed glasses. This may be garnished by sprinkling the top with macaroon crumbs. Arrange a half maraschino cherry with radiating strips of almonds in the center of each.

CHARLOTTE RUSSE—No. 1

First line a number of small molds, or one large deep mold, with a thin layer of cake. Thin sponge cake that has been cut with a sharp knife, when cold, into two layers of equal thickness is considered attractive. Halved lady fingers or pieces of any plain cake cut one-half inch thick may also be used to line the dish or molds. Charlottes are made with and without tops, according to taste or convenience, and when the supply of cake is limited, stiff paper may be greased and laid in the bottom of each mold, cake being placed only at the sides. The cake that is cut away in trimming the forms to shape may be crumbled and sprinkled over the bottom or saved for a pudding.

Fill the forms with whipped cream sweetened with powdered sugar and any desired flavoring. To make sure that the whipped cream is sufficiently stiff, fold into it lightly the stiffly beaten whites of two eggs to each pint of cream. Arrange the top of the forms neatly or cover them with a layer of cake. Keep the charlottes on ice until needed, and serve on chilled plates.

CHARLOTTE RUSSE—No. 2

Substitute velvet cream for the whipped cream mixture in the preceding recipe.

MAPLE CHARLOTTE RUSSE

$\frac{1}{2}$ ounce (1 tablespoon)

granulated gelatin

$\frac{1}{2}$ cup cold water

$\frac{1}{2}$ cup scalded milk

$\frac{1}{4}$ cup brown sugar

$\frac{1}{2}$ cup maple sirup

1 teaspoon vanilla

1 pint heavy cream

Lady fingers

Follow standard directions for making Bavarian cream. Line molds with lady fingers and fill with the cream mixture. Chill, unmold and serve.

PUDDINGS AND PUDDING SAUCES

HOT PUDDINGS

FRUIT SOUFFLÉ

1 cup fruit pulp
Sugar

3 egg-whites
Salt

Any kind of fruit, either fresh or preserved, may be used. When canned fruit is used, drain from sirup before proceeding farther. Rub the fruit pulp through a sieve, add a pinch of salt sweeten if necessary, and heat. Fold the stirily beaten whites of the eggs into the hot fruit pulp. Fill a greased baking-dish or small molds three-fourths full, set in a pan of hot water and bake until firm. Serve with whipped cream or a soft custard.

PRUNE SOUFFLÉ

12 large prunes
3 egg-whites

3 tablespoons powdered
sugar

Soak prunes overnight and stew in the same water until tender. Remove stones and mash to a smooth pulp. Beat the egg-whites until stiff, fold in the sugar and then the prune pulp. Turn into a greased baking-dish and bake in a slow oven about twenty minutes. Serve at once with cream, soft custard or any desired sauce.

VANILLA SOUFFLÉ

1 cup scalded milk
4 tablespoons flour
2 tablespoons fat

$\frac{1}{3}$ cup sugar
3 eggs
 $\frac{1}{2}$ teaspoon vanilla

Make a sauce of the milk, flour, fat and sugar. Add the beaten egg-yolks. Fold in the beaten egg-whites, pour into a greased baking-dish, set this in hot water, and poach in the oven until the egg-white is set. Serve at once, as it begins to fall immediately. Serve with lemon sauce or cream.

CHOCOLATE SOUFFLÉ

1 cup scalded milk
3 tablespoons flour
2 ounces grated chocolate

1 tablespoon fat
 $\frac{1}{3}$ cup sugar
3 eggs

Make a sauce of the milk, flour, chocolate, fat and sugar. Proceed as for vanilla soufflé.

COFFEE SOUFFLÉ

Substitute coffee for milk in vanilla soufflé and omit vanilla.

LEMON SOUFFLÉ

5 eggs	$\frac{1}{4}$ teaspoon salt
3 tablespoons sugar	3 tablespoons lemon-juice
Grated rind of $\frac{1}{2}$ lemon	

Beat egg-yolks until light. Add sugar and beat again. Add lemon-juice and rind. Beat egg-whites with salt until stiff and dry. Fold the egg-yolk mixture into the beaten whites and bake until light and delicate brown. Serve at once.

OMELET SOUFFLÉ

3 eggs	$1\frac{1}{2}$ tablespoon powdered
Vanilla or lemon flavor	sugar

Beat the egg-whites until stiff and dry and the yolks until light. Add the sugar and flavoring to the yolks, then fold in the whites, and pile the mass as high as possible in a greased baking-dish. Smooth the top of the mound, make a slit down the center, and bake fifteen minutes in a slow oven. At the end of this time the soufflé should be of a fine yellow shade. Sprinkle with powdered sugar and serve.

CUSTARD SOUFFLÉ

1 cup milk	2 tablespoons butter or
2 tablespoons flour	butter substitute
2 tablespoons sugar	4 eggs

Make a white sauce of the milk, flour and fat. Stir in the sugar, allow the mixture to cool slightly, then add the beaten egg-yolks, mix thoroughly and fold in the stiffly beaten whites. Pour into a greased baking-dish and bake in a slow oven (about 350° F.) for about thirty minutes. Serve at once.

Fresh or preserved fruit may be placed in a layer at the bottom of the dish and the soufflé mixture poured over it. Peaches or apricots are good for this dish.

BROWN BETTY

$\frac{1}{4}$ cup melted butter	$\frac{1}{2}$ cup fruit-juice or water
1 pint bread-crumbs from center of loaf	$\frac{1}{2}$ cup sugar or molasses
1 pint sliced apples	Juice and grated rind of lemon or orange

Arrange alternate layers of buttered bread-crumbs and thinly sliced apples in a pudding-dish, sprinkle with sugar and a little cinnamon

or other spices. Finish with crumbs and pour mixed molasses and water or fruit-juice over all. Cover and bake for one-half hour, remove the cover and bake three-fourths of an hour more.

Stewed peaches, apricots or rhubarb make a good substitute for the apples in this pudding.

PEACH BETTY

6 large peaches	$\frac{2}{3}$ cup raspberry-juice
4 tablespoons butter or butter substitute	$\frac{1}{2}$ cup fine bread- or cake-crumbs
	2 tablespoons sugar

Cut the peaches in halves, removing the stones. Place the halves in a baking-dish, hollow side up, and put one teaspoon butter or butter substitute in each half. Pour half of the fruit-juice over the peaches; sprinkle with crumbs and sugar, arrange the second layer and bake, basting occasionally with the remaining juice. Serve the peaches in the hot baking-dish.

BREAD AND APPLE PUDDING

1 cup dry bread-crumbs	1 cup water
$3\frac{1}{2}$ cups chopped apples	1 apple, washed, cored and sliced in rings
$\frac{1}{2}$ cup honey	

Mix the bread-crumbs and the chopped apples and place in a deep baking-dish. Bring the honey and water to a boil and pour over the apple and bread mixture. Sprinkle a few bread-crumbs on top with the rings of the apple around the edge. Bake in a moderate oven until the apples are cooked. Serve with a sauce.

APPLE CHARLOTTE

Oil a mold and line it with slices of stale bread one-fourth inch thick, dipped into or brushed with melted butter or butter substitute. The slices should fit closely together and may even overlap. Fill the center with stewed tart apples, mashed and seasoned with sugar and nutmeg. Chopped almonds may be added if liked. Cover the top of the mold with the stale bread dipped in or brushed with melted butter or butter substitute and bake in a hot oven for thirty minutes. The bread should have the appearance of being sautéed and be as brown as toast. Turn on to a platter and serve hot.

ORANGE AND RICE

Pare oranges, cut in halves crosswise and remove the core. Cook the halves in a sirup made from equal parts of sugar and water, to which a little lemon-juice has been added, until they are tender but

not broken. Place around a mound of boiled rice and pour the sirup over the whole. Serve with plain or whipped cream, or a custard sauce.

CREAM RICE PUDDING

3 tablespoons rice	$\frac{1}{2}$ teaspoon salt
1 tablespoon sugar	$\frac{1}{2}$ teaspoon cinnamon or
1 quart milk	nutmeg

Wash the rice thoroughly, add the other ingredients and pour into a greased baking-dish. Bake for three hours in a slow oven, stirring several times during the first hour. The mixture should not boil. Serve either hot or cold.

This is the old-fashioned creamy pudding which has such a delicious flavor because of the long slow cooking. One-half cup of raisins may be added, if desired.

APPLE RICE PUDDING

1 cup rice	$\frac{1}{2}$ teaspoon cinnamon
2 eggs	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup sugar	3 large apples
$\frac{1}{2}$ cup raisins	$\frac{1}{4}$ cup butter or butter substitute

Wash the rice and boil in salted water until soft. Drain. Add the egg-yolks, sugar, raisins, cinnamon and salt. Cut the apples in very small pieces and add to the rice. Beat the egg-whites stiff and fold into the mixture. Melt the fat in a baking-dish and stir half of it into the pudding mixture, spreading the rest over the inside of the dish. Pour the mixture into the baking-dish and bake in a hot oven about forty minutes. **Serve hot.**

INDIAN PUDDING

1 quart milk	$\frac{1}{2}$ cup brown sugar
$\frac{1}{3}$ cup corn-meal	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup raisins	$\frac{1}{2}$ teaspoon ginger
$\frac{1}{2}$ teaspoon cinnamon	1 egg

Place the milk in a double boiler and when it is scalding hot add the meal, moistened with cold water, and stir constantly to avoid lumps. Cook for twenty minutes. Turn into a pudding-dish and add all the other ingredients except the egg. Stir well and when the mass has cooked somewhat stir in the beaten egg. Bake for one hour in a rather slow oven and serve hot with hard sauce or any desired sauce. One-half cup dates or figs may be used instead of the raisins.

APPLE TAPIOCA

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| 1 cup pearl tapioca or $\frac{3}{4}$ | 3 cups cold water |
| cup granulated tapioca | 6 apples or 1 cup |
| $\frac{1}{2}$ cup sugar | dried apples, soaked |

If the pearl tapioca is used, cover with cold water and soak for several hours. The granulated tapioca requires no soaking. Cook in a double boiler until transparent. Pare and core the apples, place in a baking-dish, sprinkle with sugar, pour over them the tapioca, cover and bake in a moderate oven until the apples are perfectly tender. For the last ten minutes, remove the cover so that the surface of the pudding may brown slightly. Serve with cream.

Fresh fruits such as peaches, apricots or pears may be substituted for the apples.

Dried fruits which have been previously soaked but not cooked may be used.

INDIAN APPLE PUDDING

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|-----------------------------|-----------------------------|
| $\frac{2}{3}$ cup corn-meal | 1 tablespoon butter or |
| 1 quart hot milk | butter substitute |
| 1 teaspoon cinnamon | $\frac{1}{2}$ teaspoon salt |
| $\frac{3}{4}$ cup sugar | 2 cups chopped apples |
| 2 eggs | |

Slowly add the meal to the hot milk, stirring constantly, and cook to a thick mush. Add the other ingredients and mix well. Turn into a greased baking-dish and bake in a moderate oven (350° to 375° F.) for two hours and a half. Serve hot with any sauce desired.

BREAD PUDDING

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| 2 cups stale but not dry | 2 eggs |
| bread | $\frac{1}{2}$ cup sugar |
| 1 quart milk | 1 teaspoon vanilla |
| $\frac{1}{4}$ teaspoon salt | |

Soak the bread in the milk until it is very soft, then mash it fine. Heat together until nearly boiling. Beat the eggs until light and add to them the sugar, salt and vanilla. When well mixed, stir this into the bread and milk, pour the whole into an earthenware baking-dish, set in a pan of water, and bake three-fourths of an hour in a rather slow oven.

For chocolate bread pudding, melt two squares of chocolate over hot water and add this to the soaked bread and milk.

For bread pudding with raisins, add one-half cup raisins.

COCONUT PUDDING

$\frac{1}{2}$ cup bread-crumbs	3 tablespoons sugar
$\frac{1}{2}$ cup coconut	$\frac{1}{2}$ teaspoon salt
2 cups milk	1 tablespoon butter or
1 egg	butter substitute

Soak the bread and coconut in the milk until soft, then mash and add the sugar, salt and melted fat. Beat the white and yolk of the egg separately; add the yolk to the mixture, then fold in the white. Pour into a greased baking-dish, set in a pan of hot water and bake in a moderate oven about thirty minutes.

SPICE PUDDING

1 cup raisins	$\frac{1}{2}$ teaspoon cloves
1 egg	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon nutmeg
2 cups milk	1 teaspoon melted butter
$1\frac{1}{2}$ cup fresh bread-crumbs	or butter substitute
1 teaspoon cinnamon	$\frac{1}{8}$ teaspoon salt

Seed the raisins and cut them in halves. Beat the egg light, add the sugar and then the milk and pour the whole over the crumbs. Add the spice, butter or butter substitute, salt and raisins, stir well, pour into a baking-dish, set in a pan of water, and bake until firm in a moderate oven. Serve with any desired sauce.

QUEEN OF PUDDINGS

2 cups stale but not dry bread-crumbs	$\frac{1}{2}$ cup sugar
1 quart scalded milk	Currant jelly or plum jam
3 eggs	2 tablespoons sugar for meringue

Soak the crumbs in the hot milk until soft; then add the egg-yolks mixed with the sugar, pour into a baking-dish set in a pan of water, and bake in a moderate oven about an hour, or until custard is set. When cool, spread a thick layer of the jelly or jam over the top. Beat the egg-whites until stiff, add the sugar gradually and beat until stiff, spread this meringue on top of the jam and place in the oven until a delicate brown. Serve hot or cold, with cream.

ORANGE AND MACAROON PUDDING

$\frac{1}{3}$ pound almond macaroons	4 eggs
1 pint milk	$\frac{1}{2}$ cup sugar
	2 oranges

Soak the almond macaroons in the milk until soft. Beat the eggs and add to them the sugar and the grated rind of one orange. Do not grate in any of the white pith, as it spoils the flavor. Stir the mixture carefully into the macaroons and add the juice of two oranges. Pour into an oiled mold and set on a stand or ring in a kettle of boiling water. Simmer steadily for an hour. Serve hot with orange sauce.

PEACH PUDDING

6 sliced peaches or $\frac{1}{2}$ cup	2 cups milk
dried peaches, soaked	$\frac{1}{2}$ teaspoon vanilla
and cooked	3 eggs
$\frac{1}{4}$ cup sugar	Stale bread
$\frac{1}{2}$ teaspoon salt	

Add the sugar, salt and vanilla to the milk, and stir in the well-beaten eggs. Dip pieces of stale bread into the mixture and line a quart baking-dish with it. Arrange alternate layers of bread and sliced peaches to fill the dish. Pour any remaining liquid over it. Set dish in a pan of hot water and bake in a moderate oven until firm. Serve with any sauce desired.

FRUIT SHORTCAKE

2 cups flour	$\frac{1}{3}$ cup shortening
4 teaspoons baking-powder	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon salt	Butter
1 tablespoon sugar	

Mix and sift the dry ingredients and work in the shortening with the fingers or a knife. Gradually add enough milk to make a soft dough, mixing with a knife. Toss the dough on to a floured board and tap and roll to one-half inch thickness. Bake in sheets for a large shortcake or cut with a biscuit cutter for individual shortcakes. Bake in a hot oven for twelve minutes. When done, split into two parts, butter and put sweetened fruit between the layers and on top. Serve hot with cream.

Any fresh berries, peaches, oranges, bananas, or stewed fruits, fresh or dried, may be used for shortcake.

NEW ENGLAND PANDOWDY

Fill a deep earthen or porcelain-lined pudding-dish with peeled and cored tart apples. Add one or two tablespoons water to make a little juice, sprinkle with sugar, season with nutmeg or cinnamon and cover with a baking-powder biscuit crust. Bake in a moderate oven and serve with a sauce of thick cream well sweetened with ordinary sugar or scraped maple sugar. Any sweetened stewed, canned or fresh fruit may be used instead of the apples.

FRUIT DUMPLINGS

Make a baking-powder biscuit dough, adding a little more shortening than when making biscuit. Roll one-fourth inch thick and cut into four-inch squares. Place fruit, pared, cored, sliced, or whole, in the center of each square. If large fruit is used, it should first be cooked five or ten minutes. Sprinkle the fruit with sugar and cinnamon or nutmeg. Moisten the edges of the dough with water or cold milk and fold so that the corners will meet in the center. Press the edges lightly together.

The tops may be brushed with beaten egg, melted fat or milk, and sprinkled with sugar. Place dumplings in a greased pan with a small amount of boiling water and bake in rather a hot oven until crust and fruit are cooked. Serve with sweetened cream or a sauce.

APPLE ROLY-POLY

Make a baking-powder biscuit dough and roll it into a sheet about one-fourth of an inch thick. Spread it thickly with sliced apples, and sprinkle over them sugar and cinnamon. Roll up the dough as for jelly roll, pressing the overlapping parts of the dough well to the body of the pudding and also press the ends well to prevent the escape of the juices. Roll and tie in a cloth, leaving room for the pudding to expand, place on a plate, cover carefully and set in a steamer over a kettle of hot water and steam one and one-half hour. Serve hot with apple sauce or any other sauce desired.

This may be baked if apples that cook quickly are used. Cherries, cranberries or other fruit may be used instead of apples.

COTTAGE PUDDING

1½ cup flour
3 teaspoons baking-
powder
½ cup sugar
½ teaspoon salt

½ cup milk
1 egg
¼ cup butter or butter
substitute

Sift the flour with the baking-powder. Cream the butter or butter substitute and add the sugar and salt and the egg, well beaten. Then add the milk and flour alternately. Pour into a greased pan and bake in a moderate oven about thirty minutes. Serve hot with foamy sauce.

For Blueberry Pudding, add one cup blueberries and bake in muffin-tins.

Fruited Cottage Pudding may be made by filling the bottom of the pan with mashed drained fruit pulp and pouring the cottage pudding mixture on top and baking it.

Steamed Puddings

SUET PUDDING

3 cups sifted flour	1 teaspoon salt
1 teaspoon soda	1 cup suet
1 teaspoon cinnamon	1 cup sour milk
1 teaspoon cloves	1 cup molasses
$\frac{1}{2}$ teaspoon grated nutmeg	1 cup raisins

Mix and sift the dry ingredients, keeping one-half cup of flour to sift over the raisins. Chop the suet fine and add it to the milk and molasses. Combine the two mixtures and add the raisins which have been dredged with flour. Grease pudding molds or baking-powder cans and fill two-thirds full of the mixture. Cover and steam for three hours. Serve with hard sauce or any desired liquid sauce.

GRAHAM PUDDING—No. 1

$\frac{1}{2}$ cup ground cracklings	$\frac{1}{2}$ teaspoon soda
1 cup molasses	1 teaspoon salt
1 cup sour milk	1 cup seeded raisins
2 cups graham flour	2 tablespoons white flour
$\frac{1}{2}$ cup corn-meal	1 teaspoon cinnamon
4 teaspoons baking-powder	$\frac{1}{2}$ teaspoon each, mace, cloves, allspice, ginger

Mix and sift the dry ingredients, excepting the white flour. Add molasses and milk to cracklings. Combine mixtures. Mix well white flour and raisins and add to mixture. Turn into greased mold. Cover and steam three hours. Serve with caramel or lemon sauce.

GRAHAM PUDDING—No. 2

1 cup graham flour	1 cup molasses
1 cup white flour	1 cup sour milk
1 teaspoon salt	1 egg
$\frac{3}{4}$ teaspoon soda	1 cup raisins

Mix and sift the dry ingredients, keeping out one-half cup of flour to sift over the raisins. Add the molasses, milk and beaten egg. Mix well, then add the raisins which have been dredged with flour. Pour into greased baking-powder cans and steam two and one-half hours. Serve with any sauce desired.

STEAMED CHOCOLATE PUDDING

2 cups flour	$\frac{1}{2}$ cup hot mashed potatoes
$4\frac{1}{2}$ teaspoons baking- powder	1 egg
$\frac{1}{4}$ teaspoon salt	$2\frac{1}{2}$ squares chocolate
1 cup corn sirup	3 tablespoons butter or butter substitute
$\frac{1}{2}$ cup water	

Mix and sift the flour, baking-powder and salt. Mix the sirup with the water and add to the flour mixture. Stir in the mashed potatoes and the beaten egg. Add the chocolate, which has been melted over hot water, and the melted fat. Mix well, pour into greased individual molds and steam two hours. Serve with any desired sauce.

STEAMED PEACH PUDDING

3 cups peaches	2 tablespoons butter or butter substitute
2 cups flour	1 cup milk
$\frac{1}{2}$ teaspoon salt	
4 teaspoons baking-powder	

To be successful with this kind of pudding, the cook must see that the water is boiling violently when the pudding is placed over it and must not allow it to fall below the boiling-point at any time while the pudding is cooking.

Sift the flour, salt and baking-powder together, rub in the butter or butter substitute and add the milk. The result will be a dough too soft to roll out. Peel and stone the peaches and cut them into rather thick slices. Place the sliced fruit in a greased pudding-dish, spread the dough over the fruit and set the dish in a steamer over a kettle of rapidly boiling water, covering the steamer tightly. Steam for one hour. Turn the pudding out without breaking, and with the top part down. This brings the peaches uppermost, when the pudding is sent to the table. Serve with hard sauce or any liquid sauce.

STEAMED CHERRY PUDDING

2 cups cherries	2 eggs
$\frac{1}{2}$ cup butter or butter substitute	$2\frac{1}{2}$ cups flour
1 cup sugar	4 teaspoons baking-powder
	1 cup milk

Cream the fat and sugar and add the beaten eggs. Sift together the flour and baking-powder and add to the first mixture alternately with the milk. The cherries should be stoned and the juice drained

off. Stir the cherries into the dough, turn it into greased individual molds and steam for one hour. Serve with a cherry sauce.

DATE PUDDING

1 pound dates	1 egg
$\frac{1}{2}$ pound beef suet	$\frac{1}{2}$ cup milk
3 cups bread-crumbs	4 tablespoons flour
$\frac{3}{4}$ cup sugar	2 teaspoons baking-powder

Chop the dates and suet very fine. Mix the suet with the bread-crumbs. Add the dates and the sugar. Stir in the egg, add milk, and flour in which has been sifted the baking-powder. Put in a greased mold and steam for three hours. Serve with any desired sauce.

ENGLISH PLUM PUDDING

1 pound chopped suet	2 cups crums
2 pounds raisins	1 teaspoon mixed spices
1 pound currants	2 cups brown sugar
1 pound mixed peel	8 eggs
2 cups flour	

Mix the suet, the fruit and the chopped peel and dredge with some of the flour. Mix together the remaining flour, crums, spices and sugar, and add the well-beaten eggs. Stir the fruit and suet into this mixture and mix the whole thoroughly. Put into greased molds or into pudding cloths. Drop into a kettle of boiling water and boil from five to seven hours, according to the size of the pudding. Serve with hard sauce or any desired liquid sauce.

CARROT PUDDING

1 $\frac{1}{2}$ cup crums	1 cup molasses
1 tablespoon butter or butter substitute or $\frac{1}{2}$ cup finely chopped suet	$\frac{1}{2}$ cup chopped dates or prunes
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup grated carrots	$\frac{1}{2}$ cup chopped figs
1 teaspoon baking-powder	$\frac{1}{2}$ cup ground nuts
	$\frac{1}{2}$ lemon

Toast the crums and mix them with the fat. Salt the carrots, which have been grated or put through the meat-grinder, and add them to the crums. Next add the molasses, the fruit, nuts, lemon-juice and grated rind. Mix all well together and stir in the baking-powder. Turn into a well-greased mold and steam for four or five hours. Serve with a raisin sauce.

COLD PUDDINGS

RICE PUDDING

2 eggs	1 $\frac{1}{4}$ cup cooked rice
2 cups milk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup raisins	$\frac{1}{2}$ cup sugar
$\frac{1}{8}$ teaspoon cinnamon or nutmeg	1 tablespoon powdered sugar

Separate the whites and yolks of the eggs, add to the yolks two tablespoons of the milk and place the rest of the milk on the fire in a double boiler. Wash the raisins, put them in the milk and cook until soft and tender (about fifteen minutes). Add the rice, cook five minutes longer, then stir in the yolks of the eggs and the salt, sugar and spice. Stir well, cook for two or three minutes, remove from the fire and pour the pudding into the serving-dish. Beat the whites of the eggs light, add sugar, spread the meringue on top of the pudding and brown delicately in the oven. Serve cold.

RICE AND APPLE PUDDING

8 apples	$\frac{1}{2}$ cup rice
4 tablespoons butter or butter substitute	8 tablespoons marmalade
4 tablespoons sugar	$\frac{1}{4}$ teaspoon salt

Cut the apples into small pieces and place in a saucepan with the fat and sugar and enough water to cover. Wash the rice and cook in boiling salted water until soft, then drain. Line the bottom and sides of a mold with the rice, fill the center with the apples, and spread the marmalade over them. Cover the mold with rice and bake in a slow oven for fifteen minutes. Let stand until cold, then unmold and turn on to a platter. Serve with any desired sauce.

Apricots or other fruit may be substituted for the apples.

PEAR CONDÉ

1 cup rice	3 pears
2 cups boiling water	1 quart raspberries or straw- berries
1 teaspoon salt	
1 cup milk	1 cup sugar

Wash the rice and cook it in the boiling water until the water is absorbed, then add the salt and milk and continue cooking until the rice is soft. Put into small molds and chill. Turn out and serve on a platter surrounded by halves of pears. Fill the pear cavities with

one-half the fresh raspberries or strawberries, crushed and sweetened. Pour the remainder of the crushed, sweetened berries over the rice and pears. A spoonful of whipped cream with each serving is a great addition to this dish.

PEACH TAPIOCA

$\frac{1}{2}$ cup pearl tapioca
4 cups water
1 cup dried peaches

$\frac{1}{2}$ cup sugar
1 teaspoon salt

Cover the peaches with water and soak overnight. Cook until tender and drain. Soak the tapioca in the water overnight, then cook in a double boiler until clear. Add sugar and salt. Cut the peaches into small pieces and add to the tapioca. Pour the mixture into a mold or individual cups and set in a cool place until firm. Turn out and serve with the sirup from the peaches sweetened to taste, or with cream. Fresh peaches may be used instead of dried peaches.

SCALLOPED PEACHES

1 teaspoon butter or
butter substitute
1 cup peaches
1 quart apples

$\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ cup bread- or cake-crumbs
 $\frac{1}{4}$ cup water

Grease a baking-dish with the butter or butter substitute. Chop the peaches and put half of them in the bottom of the dish. Pare and quarter the apples and lay half of them over the peaches. Sprinkle with salt, add the other half of the peaches, and then the apples, sprinkling again with salt. Scatter the sugar over the top, then the crumbs, then pour the water over all. Cover the dish and bake in a moderate oven for thirty minutes. Remove the cover and continue baking until brown. Serve cold with or without whipped cream.

NEW ENGLAND APRICOT PUDDING

$\frac{1}{2}$ pound dried apricots
Cinnamon toast
 $\frac{1}{2}$ cup sugar

1 cup Boiled Frosting - No. 3
or 1 cup meringue

Soak the apricots overnight. Stew until tender and add the sugar. Arrange squares of cinnamon toast in the bottom and around the sides of a pudding-dish. Pour in the boiling hot apricots, cover the dish so that no steam can escape and cool gradually. Chill and cover the top with boiled frosting garnished with bits of jelly or with meringue.

PEASANT GIRL WITH A VEIL

2 cups dried crums 1 cup tart jam Whipped cream

This is a delicious Danish pudding. Crumble bits of graham or rye bread to make fine crums. Add a little sugar to the crums and heat them in slow oven until they are very dry. Cool and mix with any kind of jam, preferably a tart jam like apricot or plum. Mold, chill and serve with whipped cream.

FRUIT CHARLOTTE

Line cups with triangular pieces of sponge cake and chocolate cake, alternating. Fill the center with slices of orange and peach. Chill, turn out on a serving-plate and surround with whipped cream and blackberries. Put a spoonful of whipped cream on top and serve very cold.

APPLE SNOW

$\frac{3}{4}$ cup sour apple pulp
Sugar

Lemon-juice
3 egg-whites

Pare, quarter and steam enough apples to make the required amount of apple pulp. Press through a sieve. Add sugar and lemon-juice to taste and fold into stiffly beaten whites very gradually. Pile on a glass dish, chill and serve with custard sauce or cream.

Other fruits may be used in the same way. Fresh fruit pulp may be used by grating fresh fruit and covering it at once with lemon-juice to prevent discoloration.

JUNKET

1 junket tablet
1 quart milk
 $\frac{1}{4}$ cup sugar

1 teaspoon vanilla
Salt

Pulverize and dissolve the junket tablet in two tablespoons of the cold milk. Heat the remainder of the milk and sugar, stirring constantly until it is just lukewarm or about 100° F. If the milk is hot, the junket will not set. Add the flavoring to the milk, then the dissolved junket, mix thoroughly and turn into the serving-dishes, which have been wet with cold water. Let stand at room temperature until set, then chill and keep cold until ready to serve.

VARIATIONS OF PLAIN JUNKET

For chocolate junket melt one ounce of chocolate over hot water. Add three tablespoons hot water, cook until it is smooth and add to the milk before heating the latter.

For caramel junket, caramelize the sugar, add sufficient hot water to dissolve the caramel and add to the milk.

For a richer junket beat the yolks of two or three eggs with the sugar and mix with the milk before it is heated. Make a meringue of the whites, shape it in the form of eggs and drop in hot water. When it is cooked on one side, turn and cook on the other. Serve one of these "snow eggs" on top of each glass of junket.

Junkets may be served with a sauce made of a mixture of sweetened fruits such as banana, pineapples, oranges and dates, or crushed and sweetened berries. It may also be served with plain custard, chocolate or caramel sauce.

CORN-STARCH BLANC MANGE

3 tablespoons corn-starch	1½ cup scalded milk
2 to 4 tablespoons sugar	½ teaspoon vanilla
½ cup cold milk	Pinch salt

Mix corn-starch and sugar with one-half cup cold milk. Scald remainder of milk in top of double boiler. Carefully add the corn-starch mixture to the scalded milk, cook over direct heat, stirring constantly until thick and smooth. Cover and cook in the double boiler for forty-five minutes. Five minutes before it is finished add vanilla and salt. Turn into molds wet with cold water and set away in a cold place. When cold and firm, turn out on a serving-dish and serve with cream or with chocolate sauce. A teaspoon of tart jelly with each serving adds greatly to the flavor of this dish.

FRUITED CORN-STARCH BLANC MANGE

When corn-starch blanc mange begins to set, stir in one cup of fruit, such as cherries, chopped pineapple, or raspberries.

COCONUT CORN-STARCH BLANC MANGE

Add one or two cups grated coconut to corn-starch blanc mange.

CHOCOLATE CORN-STARCH PUDDING—No. 1

Substitute Reception Cocoa for milk in recipes for corn-starch blanc mange.

CHOCOLATE CORN-STARCH PUDDING—No. 2

2½ tablespoons corn-starch	¼ cup cold milk
2 to 4 tablespoons sugar	1½ cup scalded milk
4 ounces chocolate	½ teaspoon vanilla
	Pinch salt

Combine corn-starch, sugar, grated chocolate and cold milk. Finish as for corn-starch blanc mange.

CHOCOLATE CORN-STARCH PUDDING—No. 3

Corn-starch blanc mange	1 cup milk
2 eggs	5 tablespoons sugar
½ cup grated chocolate	1 teaspoon vanilla

Make the corn-starch blanc mange. Ten minutes before cooking is completed, add two beaten egg-yolks. Cook long enough to set the yolks, then mold.

Melt the chocolate over hot water, add the milk and three tablespoons of sugar, and cook until smooth. Stir in the vanilla and set aside to cool. When the corn-starch mold is cold, spread the chocolate mixture over it.

Beat the egg-whites until stiff, add the remaining two tablespoons of sugar and a few drops of vanilla. Spread on top of the chocolate. Brown delicately in a slow oven.

PRUNE CORN-STARCH PUDDING

3 tablespoons corn-starch	1½ cup hot pulp and juice made
½ cup sugar	from cooking ½ pound prunes
½ cup cold prune-juice	until tender
1 teaspoon cinnamon	2 tablespoons lemon-juice

Mix and cook as for corn-starch blanc mange. Mold and cool. Serve with cream or lemon sauce.

VARIATION FOR CORN-STARCH PUDDINGS

Any of the above puddings may be varied by having folded into them during the last five minutes of cooking the beaten whites of one to three eggs. The cooking is continued for about a minute after adding the egg, or just long enough to set the egg. The yolks of the eggs may be made into a plain soft custard or a caramel custard to serve with the pudding.

Custards

A custard is a mixture of cooked egg and milk, flavored. Starchy material is sometimes used to replace part of the eggs. Custards are classified according to the method used in cooking them; those cooked over hot water and stirred throughout the cooking process are known as soft or stirred custards—erroneously, as boiled custards; those set in hot water and cooked in the oven (oven-poaching) are firm or baked custards. (See page 31.)

The firmness of a custard depends on the proportion of eggs to milk. (See "Useful Facts about Eggs.") The finest-grained custards are those in which the yolks predominate.

PLAIN SOFT CUSTARD—No. 1

2 cups scalded milk	$\frac{1}{8}$ teaspoon salt
2 whole eggs or	4 tablespoons sugar
4 egg-yolks	$\frac{1}{2}$ teaspoon vanilla

Scald the milk in the top of the double boiler. Beat together slightly the eggs, sugar and salt. Add the hot milk to the egg mixture, mix thoroughly and return to the top of the double boiler. Cook over hot water, stirring constantly until the egg coats the spoon.

PLAIN SOFT CUSTARD—No. 2

If eggs are expensive, modify the recipe for soft custard by substituting one teaspoon of corn-starch for one egg-yolk or two teaspoons of corn-starch for two egg-yolks or one whole egg. Make the milk and starch into a sauce and cook over hot water twenty to thirty minutes before adding any eggs.

WAYS OF SERVING SOFT CUSTARD

Soft custard may be served in sherbet cups, frappé glasses or deep sauce dishes, garnished with whipped cream and pieces of tart jelly.

It may be poured over fresh fruit.

It may be poured over lady fingers or sponge cake and may then be garnished with meringue or whipped cream.

It may be served as a sauce for most gelatin dishes.

It is an excellent foundation for ice-creams.

If fresh milk is not available for custard making, an unsweetened canned milk or milk powder may be used with excellent results.

FLOATING ISLAND

Make a soft custard, using two egg-yolks and one whole egg. Beat the two egg-whites until stiff and beat into them two to four tablespoons of sugar. Serve the custard in glass dishes with spoonfuls of the meringue floating on top.

SOFT COFFEE CUSTARD

Use recipe for soft custard, substituting one cup of very strong coffee for one of the cups of milk.

SOFT CARAMEL CUSTARD

Caramelize one-fourth cup sugar and add to one cup scalded milk.

Follow recipe for soft custard, using this milk with caramel as part of the milk, and using the full amount of sugar called for in the recipe.

SOFT CHOCOLATE CUSTARD

Melt one ounce of chocolate and add to it two tablespoons of sugar dissolved in two tablespoons of boiling water. Mix thoroughly. Add this chocolate mixture to two cups of scalded milk and use as the milk in a plain soft custard.

CARAMEL PUDDING

1 cup brown sugar	$\frac{1}{4}$ cup flour
2 cups milk	2 eggs

Mix sugar and one and one-half cup of milk. Scald in double boiler until sugar is dissolved. Mix flour with beaten egg-yolks and the remaining half cup of milk and add to the hot milk, stirring constantly until it boils. Fold in stiffly beaten egg-whites. Serve cold with whipped cream.

ORANGE FOOL

6 oranges	Sugar
3 eggs	Nutmeg
2 cups cream	Cinnamon

Squeeze and strain the juice from the oranges. Beat the eggs and add to them the cream and the orange-juice. Sweeten to taste. Add a sprinkle of grated nutmeg and powdered cinnamon, and cook in a double boiler, stirring constantly until the mixture coats the spoon. Pour into glass dishes and chill thoroughly before serving.

PLAIN BAKED CUSTARD

2 cups scalded milk	$\frac{1}{8}$ teaspoon salt
3 eggs	$\frac{1}{2}$ teaspoon vanilla
4 tablespoons sugar	

Scald the milk. Mix sugar, eggs, salt and flavoring and combine with scalded milk. Pour into custard cups or baking-dish, set in pan of hot water and poach in a moderate oven (240° to 325° F.) until firm. A knife blade run into the center of the custard will come out clean.

BAKED CARAMEL CUSTARD—No. 1

Caramelize one-fourth cup of sugar and add to two cups of scalded milk. Use as the liquid in a plain baked custard.

BAKED CARAMEL CUSTARD—No. 2

Caramelize one-half cup of sugar. Pour into a mold or pour a little into each of six custard cups. Before it hardens, move the mold

about so that the caramel will coat the sides. When the caramel is hard, fill the molds with plain baked custard mixture and bake as directed for baked custard. These custards are unmolded and served either hot or cold. The caramel melts during the cooking process and when the custard is turned into a dish forms a sauce around it.

BAKED COCOA CUSTARD

Substitute cocoa, made as for drinking, for scalded milk in baked custard recipe.

BAKED CHOCOLATE CUSTARD

Melt one and one-half ounces of chocolate and add to milk. Use in a plain baked custard.

BAKED COFFEE CUSTARD

Substitute one cup of strong coffee for one cup of milk in baked custard recipe.

CREAM TAPIOCA

4 tablespoons pearl tapioca,	$\frac{1}{3}$ cup sugar
or $1\frac{1}{2}$ tablespoon minute tapioca	2 eggs
2 cups scalded milk	$\frac{1}{4}$ teaspoon salt
	1 teaspoon vanilla

Look over the tapioca. Soak pearl tapioca for one hour in cold water to cover. Minute tapioca does not need soaking. Drain it, add it to the milk, and cook it in a double-boiler until the tapioca is transparent. Add half the sugar to the milk and half to the egg-yolks, slightly beaten, and the salt. Pour the hot mixture slowly over the egg, return the mixture to the double boiler, and cook until it thickens. Remove it from the heat and add the stiffly beaten egg-whites. Add the flavoring, and chill the pudding. Cream tapioca may be poured over sliced oranges or other cut fruit, if desired.

HOT PUDDING SAUCES

HOT CHOCOLATE SAUCE

$1\frac{1}{2}$ cup sugar	4 squares unsweetened chocolate
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ cup rich milk or water	

Let sugar and water boil in a saucepan for five minutes. Cool partly and gradually stir in the chocolate which has been melted over hot water. Add the vanilla. Place in a double boiler or in a pan over hot water until ready to serve. At the last moment, add the milk. (If to be used with ice-cream, use water instead of milk.)

MOLASSES SAUCE—No. 1

- | | |
|--------------------------|-------------------------|
| 1 cup molasses | 1½ tablespoon butter or |
| 1 tablespoon lemon-juice | butter substitute |
| or vinegar | |

Boil the molasses with the butter or butter substitute for about five minutes. Remove from the fire and slowly stir in the lemon-juice or vinegar. This sauce is especially good with Brown Betty or Indian Pudding.

MOLASSES SAUCE—No. 2

- | | |
|--------------------------|-----------------------------------|
| 1 tablespoon corn-starch | 1 tablespoon butter or butter |
| 1 cup water | substitute |
| 1 cup molasses or other | 1 teaspoon lemon-juice or vinegar |
| sirup | Cinnamon or nutmeg |
| Salt | |

Mix the corn-starch and water, add the molasses and a little salt and cook together over hot water for about twenty minutes. Beat in the fat, the lemon-juice or vinegar and a bit of cinnamon or nutmeg.

HOT MAPLE SAUCE

- | | |
|----------------------------|------------------------------|
| ½ cup water | 1 pound (2 cups) maple sugar |
| ½ cup English walnut-meats | or 2 cups brown sugar |

Add the water to the maple sugar and boil until it reaches the "thread" stage. Add the English walnut-meats broken into small pieces. This sauce is good with vanilla ice-cream, blanc mange or custard.

LEMON SAUCE

- | | |
|---------------------------|-------------------------|
| ½ cup sugar | 2 tablespoons butter or |
| 1 tablespoon corn-starch | butter substitute |
| 2 tablespoons lemon-juice | 1 cup boiling water |
| Nutmeg | |

Mix the sugar and corn-starch, add the boiling water and a pinch of salt and boil until thick and clear. Continue cooking over hot water for twenty minutes. Beat in the butter or butter substitute, the lemon-juice and nutmeg. A grating of lemon-rind may be added.

VANILLA SAUCE

Use the recipe for lemon sauce, substituting one teaspoon vanilla for the lemon-juice and omitting the grated rind.

CARAMEL SAUCE

1 cup sugar	1 tablespoon butter or
1 tablespoon cold water	butter substitute
1 $\frac{1}{3}$ cup hot water	1 teaspoon vanilla
1 tablespoon corn-starch	

Place the sugar and cold water in a pan and stir until the resulting sirup is a clear brown, but not so dark as caramel; then add the hot water and stir until the whole is well blended. Add the corn-starch mixed with a little cold water and boil for five minutes. Continue cooking over hot water for fifteen minutes, stirring all the time. Beat in the butter or butter substitute and vanilla.

CHERRY SAUCE

1 cup sugar	1 tablespoon corn-starch
$\frac{1}{2}$ cup butter or butter	$\frac{1}{2}$ cup water
substitute	$\frac{1}{2}$ cup cherry-juice

Cream the sugar and the fat, add the corn-starch and the liquid, and boil over hot water for five minutes, stirring constantly. Continue cooking for twenty-five minutes.

RAISIN SAUCE

$\frac{1}{2}$ cup Sultana raisins	$\frac{1}{4}$ cup chopped citron
1 cup boiling water	1 teaspoon corn-starch
$\frac{3}{4}$ cup sugar	1 tablespoon butter
$\frac{1}{2}$ teaspoon lemon-juice	

Simmer the raisins and citron in the water until the raisins are tender (about one hour). Sift the sugar and corn-starch together and add to the raisin mixture. Mix well and continue cooking for ten minutes. Add the butter and lemon-juice.

CUSTARD SAUCE

Use recipe for soft custard. If a thinner sauce is desired, the custard may be thinned with a little cream.

FOAMY SAUCE

$\frac{1}{2}$ cup butter	2 tablespoons hot water
1 cup confectioners' sugar	1 teaspoon vanilla
1 egg	

Cream the butter and gradually add the sugar, the egg, well beaten, and the hot water. Heat over hot water, beating continually until it thickens. Add the vanilla and serve.

ORANGE SAUCE

5 tablespoons butter or butter substitute	3 egg-whites
$\frac{1}{2}$ cup sugar	Juice of 2 oranges
$\frac{1}{2}$ cup boiling water	1 $\frac{1}{2}$ tablespoon lemon-juice

Cream the butter or butter substitute with the sugar. Put into a saucepan over hot water and add the boiling water. Then beat in the stiffly beaten whites of the eggs, the orange-juice and lemon-juice and continue beating until light and foamy.

PLUM PUDDING SAUCE

$\frac{1}{4}$ cup butter or butter substitute	2 tablespoons cider
1 cup powdered sugar	2 eggs
	$\frac{1}{2}$ cup rich milk or cream

Cream the butter or butter substitute and powdered sugar. Add the cider and the well-beaten yolks of the eggs. When well mixed, stir in the milk or cream. Cook in a double boiler until it is as thick as a custard and then gradually pour it into the beaten whites of the eggs, beating constantly.

COLD PUDDING SAUCES

 HARD SAUCE

$\frac{1}{3}$ cup butter or butter substitute	1 teaspoon vanilla or other flavoring
1 cup powdered sugar	

Cream the butter or butter substitute until very soft, then add the sugar and the flavoring. Set in a cool place until required for use. A grating of lemon-rind or nutmeg, or a sprinkle of powdered cinnamon may be used instead of the vanilla. Cream or milk may be

added, with more sugar to make more sauce. This sauce may be used with a hot pudding of any kind.

Granulated sugar, brown sugar or maple sugar may be substituted for the powdered sugar.

YELLOW SAUCE

1 egg	3 tablespoons milk
3 tablespoons sugar	$\frac{1}{2}$ teaspoon vanilla

Beat the white of the egg stiff, add the sugar, mix well and add the yolk of the egg, then the milk and flavoring, beating after each is added until the whole is smooth. This sauce is delicious on almost any pudding.

BERRY SAUCE

2 cups berries	1 $\frac{1}{2}$ cup powdered sugar
1 tablespoon butter or butter substitute	1 tablespoon granulated sugar
	1 egg-white

The small fruits, such as raspberries, blackberries or strawberries, make most satisfactory sauce for puddings. Place the berries in a bowl, add a tablespoon of granulated sugar and mash slightly to draw out the juices, setting the bowl in a moderately warm room. Beat the butter or butter substitute to a cream, add the powdered sugar and when thoroughly mixed add the beaten white of the egg. Combine with the mashed berries just before serving. Serve with ice-cream, berry puddings or cottage pudding.

ICE-CREAMS AND OTHER FROZEN DESSERTS

Ice-creams are generally classified as cooked or uncooked. All ice-creams are stirred or beaten while freezing.

Plain or "Philadelphia" ice-cream is an uncooked mixture of cream or cream diluted with milk, sweetened, flavored and frozen. Plain ice-creams may be flavored with extracts or may have crushed nuts or fruits added. Walnuts, almonds or pistachio nuts are most often used. Rich, oily nuts do not combine well with ice-cream. Crushed peaches, apricots or berries are often used. In "bisque" creams, such material as pulverized macaroons or stale sponge cake are used to give variety in texture and flavor.

French and American ice-creams are cooked custards made with cream, milk, eggs and sugar, and frozen. In French ice-cream, the custard mixture contains many eggs. In American ice-cream, a plain custard is used.

Neapolitan ice-cream may be any ice-cream tinted in three colors and packed in layers after it is first stirred and frozen, or may be three kinds of ice-cream or ice-cream and ices.

Frozen pudding is plain ice-cream plus fruit, nuts or bread- or cake-crumbs or powdered macaroons.

Mousses, Parfaits and Biscuits

A mousse is whipped cream, sweetened, flavored, packed and frozen without stirring. Gelatin is often used to give stiffness. Maple, coffee or fruit are popular flavors.

A parfait is made by pouring a hot, thick sirup over beaten egg-yolks or beaten egg-whites. Whipped cream is added and the mixture is packed and frozen without stirring. Maple and coffee are the most popular flavors.

A biscuit (pronounced bisk-wee) is a yellow parfait mixture to which beaten egg-whites are added. It is partly frozen while being stirred and then is packed in small paper serving cases which are packed in containers and placed in a freezing mixture.

Water Ices, Sherbets, Frappés and Punches

All these mixtures are stirred while being frozen.

A plain ice is a sweetened fruit-juice which may or may not be diluted with water.

Sherbets are plain ices plus egg-whites. Gelatin is sometimes used in sherbets. In milk sherbets, milk is used with the fruit-juice instead of water.

A frappé is a partly frozen water-ice. It is very granular in texture.

A punch is a water-ice frozen to a mush with some highly spiced fruit-juice or other flavoring added.

A sorbet is a sherbet made of several kinds of fruit.

Equipment for Making Frozen Desserts

The ease with which frozen desserts are prepared depends on satisfactory equipment. While a freezer is almost necessary for those dishes which are stirred or beaten while freezing, fairly satisfactory results may be obtained without one.

Freezers—Many makes of freezers, in sizes from one pint to many gallons, are on the market. In general, however, freezers are of two types.

The crank freezer is the type most commonly used in the home. This consists of a bucket of wood or metal for holding the ice, a non-rusting metal container with a closely fitting cover for holding the mixture to be frozen. The mixture in the container is stirred by a paddle attached through the cover to a crank which is operated by hand or which may be attached to a small electric motor.

The automatic freezer requires no turning. The wall of the outer compartment of the freezer is constructed with an air-space which helps to keep the warm air from entering and the cold air about the ice from escaping. It requires the minimum amount of ice and work to do the freezing, and the frozen product is of a satisfactory quality, although not so smooth as that made by the freezer in which the mixture is stirred while freezing.

As a substitute for a freezer, a can and paddle or spoon and a wooden bucket for the outer container may be used. Any kind of can or pail with a tight-fitting cover may be used. The ice-cream mixture is placed in the can, covered and packed in ice and salt in the wooden bucket, as for freezing. At intervals, the cover is removed and the contents scraped from the side and beaten well with a spoon or paddle. The finished product is good, although the texture is not as fine as when the cream is continuously stirred.

Breaking the ice—A bag of heavy muslin, burlap, canvas or sail-cloth is required in which to break the ice in small pieces. Some implement is necessary for pounding the ice in the bag. A wooden mallet is preferred because it crushes the ice instead of breaking it.

Molds—Frozen mixtures which are packed in ice and salt and frozen without stirring must be placed in a container with a tight-fitting

cover, to prevent the entrance of salt water. Molds of various sizes and shapes may be purchased, or coffee or baking-powder cans may be used.

The Freezing Mixture

A mixture of ice and salt is almost always used for freezing ice-cream and ices. The salt causes the ice to melt and in melting it gives off cold which causes anything coming in contact with the melting ice to freeze. One part salt to three parts ice, by measure, is a good proportion for home use. The ice should be crushed fine, to expose as much surface as possible to the action of the salt. Snow may be used instead of ice, but it is advisable to add a small amount of water to the freezer or mixed with the snow to hasten the melting process.

Coarse dairy salt or granulated rock salt is best for use in freezing.

The freezer should be filled one-third full of crushed ice. Salt and ice in the regular proportions should then be added in alternate layers so that as the ice melts it dissolves the salt which then runs down over the ice in the bottom of the freezer. If the first layer of salt is added too close to the bottom of the freezer, much of it is wasted. Ice and salt are sometimes mixed together before being put into the freezer, but this is not the most efficient method because the ice begins to melt at once and much of the cold is lost.

Preparation and Freezing

Flavor all mixtures that are to be frozen more highly than if they are to be served unfrozen. The flavor freezes out. Stir well and thoroughly dissolve the sugar before freezing.

Crush the fruit for fruited creams or put it through a food-chopper. Large pieces of icy fruit are difficult to eat. Partly freeze the mixture before adding the fruit, otherwise the milk or cream may curdle and the fruit may settle to the bottom.

Scalding the cream and milk (not boiling) will give greater body and finer grain to the ice-cream.

Keep the mixture cool before beginning to freeze. The best temperature is about 40° F. (it should never be over 60° F.). If it is too warm, the cream may curdle before freezing.

Allow plenty of room for "swell." Freezing incorporates air in the mixture. Fill the freezer cylinder not over two-thirds to three-fourths full.

Place the can containing the mixture in the freezer pail. Cover the can and adjust the top. Turn the crank to be sure that the cover fits tightly. Place ice around the can to one-third the depth of the can; then salt and ice in alternating layers to the top of the can or a

little above the height of the liquid inside, packing it solidly. Pour about a cupful of cold water over the ice to start it melting and to make a brine so that every part of the freezer cylinder is in contact with the freezing mixture.

Turn the freezer slowly at first until the mixture begins to freeze, then turn it rapidly. This beats up the cream and produces a swell. From twelve to twenty minutes are required for freezing ice-cream. Sherbets take from twenty to thirty minutes.

Packing ice-cream—Ice-cream is ready for packing when it has a dull appearance. It should adhere to a spoon and retain its shape for some time. By thermometer test it should be about 27° F. It should be firm and mellow, smooth and velvety, neither tough nor mushy, and should be free from grains or lumps. Ice-cream or ices should be molded when ready for packing and while soft enough to handle well.

To pack ice-cream, drain off the brine and pack the can in coarse cracked ice and salt. Use one part salt to four of ice by measure. Cover the top of the can with a layer of ice about six inches thick. Cover the top of the freezer-pail with newspapers or burlap, or any heavy covering, to exclude the air. Stand the freezer in a cool place and let it stand two or three hours, for the ice-cream to ripen.

To freeze without stirring, pack the ice-cream in the same manner as when a crank freezer is used. Several times during the two hours that are necessary for freezing, remove enough ice so that you can uncover the can without danger of salting the cream, scrape the mixture from the sides of the can with a spoon or paddle and beat thoroughly.

Molding

When frozen mixtures are to be molded, better results are obtained if the mixture is not frozen too hard. Have the mold ready and chilled. Pack the mold carefully so that all curves and corners are filled compactly without air spaces. Fill the mold to overflowing with the frozen mixture. Cover with a sheet of white paper.

Press the cover down tight and seal the crack with a thick layer of fat that is hard at low temperature. The crack must be completely covered. Bury the mold in cracked ice and salt, using four parts of ice to one part of salt by measure.

Mousse or parfait—In packing a mousse or parfait, proceed as above, using equal measures of salt and ice. Let the mold stand from three to five hours, depending on its size.

Double molding—Line the mold with a frozen mixture, making it equally thick in all parts. Fill the center with a mixture of contrasting color or texture, or both. This mixture may or may not

have been frozen first. If frozen, it should not be too stiff to pack into the first mixture well. Proceed as for packing molds. Bombes are a form of double molding.

To unmold—Remove the mold from the ice mixture, rinse off the salt with cold water, break the seal, remove the cover and run a knife around the edge of the mold to a depth of not more than one-half inch. Invert the mold on a serving-plate. Let it stand for a few minutes and it will soon slip out. If it does not come out easily, wring a cloth out of lukewarm (not hot) water and wipe quickly over the outside of the mold.

Flavor and Texture

Flavor is one of the most important properties of frozen desserts. The amount and quality of flavoring extracts used are very apparent in the finished product. Some of the flavor freezes out, so an allowance must be made for this. The flavor should be delicately suggested rather than too pronounced.

If a colored product is desired, only a small amount of coloring should be used. A delicate tint is all that is desired.

The amount of fat in the cream also affects the flavor. A rich cream has a better flavor than a thin cream.

Salt added in small quantities—not more than one-half teaspoon to a gallon of the cream mixture—serves to give a “rounded out” or deeper flavor.

Ice-cream should stand several hours to ripen or blend the many flavors of the eggs, sugar, fruit, nuts, chocolate, and other substances found in the product. Each flavor may be distinguished in freshly frozen ice-cream.

Texture is affected by whole cream, egg-white, gelatin and cooked combinations such as milk and corn-starch or flour, and milk and eggs. A smooth velvety texture is desired. Other things being equal, a richer mixture gives a smoother product. A thin cream gives a coarse and more granular texture.

The texture is also affected by the manner of freezing. If the mixture is frozen too rapidly, it will be coarse and have a rough texture, while a slower freezing tends to improve its texture. This smoothness is not entirely due to the rate of freezing, however, but to the amount of whipping or beating which takes place during the freezing. If frozen without any beating, the product will be coarse even though made from a rich cream. The air that is beaten into the mixture in freezing produces a light smooth consistency.

A certain amount of expansion is desirable and if ice-cream is properly made, the volume increases at least one-third and the product is smooth in texture and richer to the taste than in a

cream containing no air. Too rapid freezing prevents this increase of volume.

VANILLA ICE-CREAM—No. 1 (Philadelphia Ice-cream)

1 quart thin cream $\frac{1}{4}$ cup sugar $\frac{1}{2}$ tablespoon vanilla

Dissolve the sugar in the cream, add the vanilla and freeze.

VANILLA ICE-CREAM—No. 2 (American Ice-cream)

1 pint milk	2 egg-yolks
2 tablespoons flour	1 cup heavy cream
2 tablespoons water	1 teaspoon vanilla
$\frac{3}{4}$ cup sugar	

Scald the milk, stirring constantly. Mix the flour and cold water to a smooth paste and add to it slowly the scalded milk, continuing the stirring. When thickened, cook over hot water for about fifteen minutes. Add sugar and beaten egg-yolks and cook two minutes. Strain the custard through a fine sieve and, when cold, add the cream and vanilla and freeze. This makes a smooth, rich cream.

For variation, use dark-brown sugar or maple sugar instead of the white sugar.

VANILLA ICE-CREAM—No. 3 (American Ice-cream)

1 pint milk	1 egg
1 tablespoon flour	$\frac{3}{4}$ cup sugar
1 tablespoon water	1 pint thin cream
$\frac{1}{8}$ teaspoon salt	1 tablespoon vanilla

Combine the ingredients as in preceding recipe.

VANILLA ICE-CREAM—No. 4 (French Ice-cream)

6 egg-yolks	$\frac{3}{4}$ cup sugar
5 cups medium cream	Vanilla bean

Scald the cream with a piece of vanilla bean. Beat the egg-yolks, add the sugar and pour the cream slowly on the mixture, beating constantly. Cook in a double boiler until it thickens, watching it carefully. Cool and freeze.

APRICOT ICE-CREAM—No. 1

1 pint milk	2 egg-yolks
2 tablespoons flour	1 cup heavy cream
2 tablespoons water	1½ cup strained apricot-pulp
1 cup sugar	and juice

Make custard as directed for vanilla ice-cream. When cool, add the apricot-pulp and juice, and freeze.

APRICOT ICE-CREAM—No. 2

1 cup dried apricots	2 cups thin cream
1 cup sugar	1 cup milk

Soak the apricots overnight and stew them until tender. Put them through a sieve. Add the sugar to the hot apricots, stirring until dissolved. When cold, add the cream and then gradually stir in the milk, stirring constantly to avoid curdling. Freeze.

BANANA ICE-CREAM

1 pint milk	½ cup sugar
1 tablespoon flour	1 pint thin cream
1 tablespoon water	½ teaspoon lemon flavoring
⅛ teaspoon salt	2 bananas
1 egg	

Make custard as directed for vanilla ice-cream. Remove the skins and scrape the bananas with a knife. Put the fruit through a sieve, and add to the cold custard mixture. Freeze.

BERRY ICE-CREAM

1 pint milk	2 egg-yolks
2 tablespoons flour	1 cup heavy cream
2 tablespoons water	1½ cup crushed berries
1 cup sugar	

Make custard as directed for vanilla ice-cream. When it has cooled, add the crushed berries, and freeze.

CARAMEL ICE-CREAM

2 cups milk	1 cup thin cream
1 egg	½ cup macaroons
½ cup sugar	

Caramelize half the sugar (see page 38). Combine the milk, beaten egg, sugar and caramelized sugar. Heat the mixture to the boiling-point. When cool, add the cream and the macaroons crushed fine. Beat well and freeze.

BISCUIT ICE-CREAM

Add one cup of macaroon-crumbs to caramel ice-cream.

CHOCOLATE ICE-CREAM

1 pint milk	1 cup heavy cream
2 tablespoons flour	1 teaspoon vanilla
2 tablespoons water	1½ square unsweetened
15 tablespoons sugar	chocolate
2 egg-yolks	

Make custard as directed for vanilla ice-cream, adding the chocolate to the milk when scalding. Cool and freeze.

CHOCOLATE PECAN CREAM

1 square chocolate	2 cups thin cream
$\frac{2}{3}$ cup sugar	1 cup pecan nut-meats
2 tablespoons boiling	$\frac{2}{3}$ teaspoon vanilla •
water	$\frac{1}{8}$ teaspoon salt

Melt the chocolate, add sugar, and cook with water until smooth and glossy. Add the cream slowly, then the salt, the pecan-meats crushed into small pieces, and the vanilla. Cool and freeze. Serve with a topping of whipped cream and a few pecan-meats. Other nuts may be used instead of the pecans, if desired.

CINNAMON ICE-CREAM

Use the recipe for "Vanilla Ice-cream—No. 2." When the milk is put on to scald, add a piece of stick cinnamon about one inch long and one square of chocolate. Beat the custard thoroughly with an egg-beater to insure smoothness of color.

The cinnamon imparts a rich, spicy taste that is as elusive as it is delicious.

FRESH-FRUIT ICE-CREAM

Prepare fruit by sprinkling sugar over it. Let it stand one hour, press through a coarse sieve and stir into vanilla ice-cream when the cream is frozen to a mush.

If seed fruits, such as currants, are used, strain through a fine sieve or a piece of cheese-cloth and use the juice only. The juice can be put into the freezer with the cream and not reserved until later, as in the case of the mashed fruits.

Grated pineapple with the addition of a little lemon-juice makes a particularly fine fruit cream.

JUNKET ICE-CREAM

1 junket tablet	$\frac{3}{4}$ cup sugar
2 tablespoons cold water	$\frac{1}{4}$ teaspoon salt
1 quart lukewarm milk	1 cup cream

Dissolve the junket in the cold water. Add it to the milk, then add the remaining ingredients. Stir well and let it stand until set. Freeze. Serve in halves of melon garnished with raspberries.

MAPLE FRUIT CREAM

1 cup maple sirup	$\frac{1}{2}$ cup candied cherries
2 cups cream	1 cup pineapple

Mix the sirup and cream. Add the cherries cut in small pieces. Put pineapple through the food-chopper. Combine all ingredients and freeze.

MARSHMALLOW ICE-CREAM,

1 pint milk	1 pint thin cream
1 egg	1 tablespoon vanilla
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup marshmallows
$\frac{1}{8}$ teaspoon salt	

Make custard as directed for vanilla ice-cream. Add the marshmallows cut into small pieces. Cool and freeze. Serve with or without a chocolate sauce.

NUT ICE-CREAM

Add one-half cup of chopped nuts to a quart of vanilla, chocolate or caramel ice-cream when the mixture is frozen to a mush. Finish freezing.

ORANGE ICE-CREAM

1 cup milk	2 egg-yolks
2 tablespoons flour	1 cup heavy cream
2 tablespoons water	1 cup orange-juice
1 cup sugar	

Make custard as directed for vanilla ice-cream. When the mixture is cool, add the orange-juice slowly, then freeze.

PEACH ICE-CREAM—No. 1

1 pint milk	2 egg-yolks
2 tablespoons flour	1 cup heavy cream
2 tablespoons water	2 cups peach-pulp and juice
1 cup sugar	

Make custard as directed for vanilla ice-cream. When cool, add the peach-pulp and juice, and freeze.

PEACH ICE-CREAM—No. 2

1 cup fresh peach-pulp	$\frac{1}{4}$ cup boiling water
$\frac{1}{2}$ cup sugar	2 cups cream

Make a sirup by boiling the sugar and water together for five minutes. Add the peaches and put the mixture through a strainer. Add the cream and freeze.

PISTACHIO ICE-CREAM

Use the recipe for "Vanilla Ice-cream—No. 2." Scald three-fourths cup of blanched pistachio nuts with the milk. The mixture may be colored with green vegetable coloring, and the nuts may be put through a food-chopper, if desired. Cool and freeze.

PRUNE ICE-CREAM

1 cup prune-pulp	$\frac{1}{8}$ teaspoon salt
1 cup sugar	$\frac{1}{2}$ cup milk
Juice of 1 lemon	1 cup cream
Juice of 1 orange	

Rub cooked prunes through a sieve, to obtain the pulp. Add the remaining ingredients, the cream, whipped, last of all, mix thoroughly and freeze.

RASPBERRY ICE-CREAM

1 quart raspberries	2 cups sugar	1 quart cream
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Mash the berries and sugar together, and let them stand for an hour. Rub through a strainer, add the cream, and freeze.

ROSE ICE-CREAM

(For a wedding party)

4 cups light cream	1 to 2 teaspoons rose extract
3 cups heavy cream	$\frac{1}{4}$ teaspoon salt
1 cup milk	Pink vegetable coloring
1 cup sugar	

Mix all the ingredients together thoroughly and freeze without cooking.

BAKED ALASKA

Vanilla ice-cream	4 egg-whites
Sponge-cake	4 tablespoons powdered sugar

Fill a round mold with vanilla ice-cream, pack and freeze. At serving time, beat the whites of the eggs until light, add the powdered

sugar and whip until light and dry. Turn the ice-cream on to a sheet of sponge-cake placed on a board and cover it thoroughly with the meringue. Dust well with powdered sugar and set the whole in a hot oven for a moment to brown. Place on a serving platter and serve at once.

INDIVIDUAL BAKED ALASKA

Cut sponge cake into pieces large enough to hold, when hollowed into a case, a slice of brick ice-cream. Cut out the center of the sponge cakes, leaving about half an inch on each side and on the bottom. Set the cakes on a board, put slices of ice-cream inside, and cover with meringue, piling it up on the sides. Set in a hot oven for a moment to brown the meringue. Remove to a serving-dish and fill the hollow on top with any preserved fruit or nut mixture.

ICE-CREAM SANDWICHES

Devil's food, angel cake, sponge cake, butter cake, or éclair or cream-puff shells may be the foundation of many a delicious ice-cream sandwich. Between thin slices of any of the cakes, or between halves of pastry shells, place a serving of ice-cream of a flavor to blend well with the cake. Brick ice-cream, of course, is the easiest to cut. Cover with chocolate, butterscotch, marshmallow, or fruit sauce, either hot or cold, and top with nuts of various kinds, coconut, or pieces of fresh or canned fruit.

For example, between thin slices of gold or white cake place a serving of vanilla ice-cream and three or four tablespoons of crushed fresh strawberries. Over the whole pour plain marshmallow sauce or whipped cream and garnish with several tablespoons of crushed strawberries. Fill a cream-puff shell with peach ice-cream and pour over it a peach sirup, topped with whipped cream. Chocolate or vanilla ice-cream placed between layers of white cake or angel food is delicious covered with a thick fudge sauce.

NEAPOLITAN ICE-CREAM

1 pint strawberry ice-cream	1 pint orange ice
1 pint pistachio ice-cream	

Pack a mold in salt and ice and spread the strawberry cream smoothly over the bottom. Cover and let it stand. When this has hardened sufficiently, spread a good layer of orange ice upon it, and as soon as this hardens, spread over it the pistachio cream. Cover, pack in ice and salt, and let stand two hours.

Other ice-creams and ices may be used in this mold.

FROZEN PUDDING

2 eggs	2½ cups milk
1 cup sugar	1 cup heavy cream
Pinch salt	1 cup candied fruit or nuts

Make a custard of the eggs, sugar, salt, milk and cream. Cool and freeze. Fill a mold with alternate layers of cream and candied fruit or nuts. Pack in salt and ice for two hours.

GRAPE ROLL

Line a mold with frozen marshmallow ice-cream and fill the center with frozen grape ice. (See double molding, page 558.) Pack and let stand for three or four hours before serving.

MOCHA ICE-CREAM

1 quart milk	½ cup sugar
½ cup pulverized coffee	2 tablespoons flour
6 eggs	

Put the milk into a double boiler, drop into it a muslin bag containing the pulverized coffee and let it infuse for fifteen minutes, keeping the milk at the scalding point. Beat the eggs and sugar together until smooth. Remove the bag of coffee from the milk, add the flour stirred with a little cold milk or water and cook fifteen minutes. Pour over the egg mixture and return to the double boiler to cook until smooth and thick. When cold, partly freeze in a freezer, then fill paper cases with the mixture. Pack these cases in a pail or tin box with a closely fitted cover, seal and bury in ice and salt for four hours. Serve garnished with whipped cream.

NESSELRODE PUDDING

3 cups milk	3 tablespoons pineapple sirup
1½ cup sugar	1 cup almonds
5 egg-yolks	1 cup French chestnuts
⅛ teaspoon salt	¼ cup Sultana raisins
1 pint cream	¼ cup assorted fruits

Make a custard of the milk, sugar, egg-yolks and salt. When cool, add the cream and pineapple sirup. Blanch the almonds and chop them fine, then pound to a paste. Shell the chestnuts, blanch and boil until tender. Force through a sieve, and add to the custard. Freeze.

Line a two-quart melon mold with half the frozen mixture. To the remaining half, add a half dozen large French chestnuts which have

been boiled until tender, also the raisins and the assorted fruits cut in bits. Fill the mold with this mixture, cover and pack in ice and salt for two hours. This is often served in individual paper cases with a bit of candied fruit on top of each.

PEACH MERINGUE

$\frac{1}{4}$ teaspoon gelatin	$\frac{2}{3}$ cup cream
1 tablespoon cold water	2 egg-whites
$\frac{1}{4}$ cup boiling water	1 teaspoon vanilla
$\frac{1}{4}$ cup sugar	Peach ice-cream

Soak the gelatin in the cold water and dissolve it in the boiling water. Add sugar and stir until it is dissolved. Add the cream. When it begins to thicken, pour slowly over the beaten whites of eggs and continue beating until it is the consistency of whipped cream. Add vanilla. Line a round mold with frozen peach ice-cream and fill the center with the meringue. Pack in ice and salt, and let stand three to four hours.

FRUIT MOUSSE

1 pint rich cream	1 cup fruit-pulp	Vanilla
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Whip and drain the cream. Mix with it the pulp of any fruit drained free of juice and sprinkled well with powdered sugar. Add vanilla, mold, and pack in ice and salt for three hours.

MAPLE MOUSSE

1 $\frac{1}{4}$ cup maple sirup	2 tablespoons gelatin
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup cold water
5 cups cream	

Combine maple sirup, sugar and one cup of cream and bring to a boil, stirring constantly. Add the gelatin softened in water and dissolved over heat. Strain, cool in ice-water until the mixture thickens, then add the remainder of the cream, whipped stiff. Place in a mold, pack in ice and salt and let stand for four hours.

STRAWBERRY OR RASPBERRY MOUSSE

1 quart strawberries or raspberries	4 tablespoons cold water
1 cup sugar	1 quart cream
	2 tablespoons gelatin

Wash, hull and mash the berries. Add the sugar and let the mixture stand for one hour. Rub through a fine sieve. Soften the gelatin in

cold water and dissolve over heat. Add it to the berries, set in ice-water and stir until the mixture begins to thicken. Fold in the whipped cream. Put in mold, cover, pack in ice and salt, and leave for four hours.

MAPLE PARFAIT

$\frac{3}{4}$ cup maple sirup 3 egg-whites 1 pint cream

Cook maple sirup until it spins a thread (270° F.) Pour the sirup over the beaten whites of the eggs and beat until cold. Fold into the stiffly whipped cream. Mold and pack in ice and salt for four hours. Serve in frappé glasses with whipped cream.

BISCUIT GLACÉ

1 cup sugar $3\frac{1}{3}$ cups cream
 $\frac{1}{4}$ cup water 1 teaspoon vanilla
 4 egg-yolks Pulverized macaroons

Make a thick sirup of the sugar and water. Beat the yolks of the eggs and add the sirup and one-half cup of the cream. Place all in a saucepan over a slow fire and stir constantly until it forms a thick coating on the spoon. Empty into a mixing-bowl, set on ice, beat until it is cold and stiff, and then add the remainder of the cream beaten very stiff. Flavor with vanilla or any preferred extract.

Pack the mixture in small paper boxes, sprinkle with pulverized macaroons, and set in a covered container. Pack in ice and salt and let stand for four hours.

CHARLOTTE GLACÉ

$\frac{1}{4}$ cup powdered sugar $\frac{1}{2}$ tablespoon gelatin
 1 pint thick cream 4 tablespoons cold water
 1 teaspoon vanilla

Dissolve sugar in cream. Add vanilla. Soften the gelatin in cold water, dissolve over heat and combine the two mixtures.

Fill a cylindrical mold (a baking-powder can will do very nicely) and pack in salt and ice for two hours. Turn out on a platter, surround with lady fingers, cover the top with whipped cream and serve.

CRANBERRY ICE

1 quart water 1 quart cranberries 3 cups sugar

Make a sirup by boiling water and sugar together for five minutes. Boil the cranberries in a little water until soft, then press through a sieve. Add to the sirup, cool, and freeze.

LEMON ICE

1 quart water 2 cups sugar $\frac{3}{4}$ cup lemon-juice

Make a sirup by boiling the water with the sugar for five minutes. Add the strained lemon-juice, cool and freeze.

ORANGE ICE

1 quart water 2 grated orange-rinds
2 cups sugar $\frac{1}{4}$ cup lemon-juice
2 cups orange-juice

Make a sirup as for lemon ice. Add the fruit-juices and grated rind. Strain, cool and freeze.

RASPBERRY AND CURRANT ICE

2 cups sugar $\frac{3}{4}$ cup raspberry-juice
 $1\frac{1}{4}$ cup currant-juice 1 quart water

At least one quart each of the berries and currants will be needed to give the required amount of juice. Sprinkle one-half cup of the sugar over them, stir well and let stand for one hour. Strain through a fine sieve or cheese-cloth. Make a sirup of the remaining sugar and the water. Add the fruit-juice, strain, cool and freeze.

GRAPE ICE

$\frac{2}{3}$ cup sugar $1\frac{1}{2}$ cup water
1 cup grape-juice 2 tablespoons lemon-juice
 $\frac{1}{4}$ cup orange-juice

Boil the sugar and water together for five minutes. Mix all the ingredients together, strain and freeze.

COUPE SAINT JACQUES

Fruit cup Maraschino cherries
Lemon ice Angelica

Fill champagne glasses with fruit prepared by the recipe for "Fruit Cup—No. 1" (see Index). Over the top spread a thick layer of lemon ice, decorating the center with one Maraschino cherry, and four leaves of angelica radiating from it.

CURRANT SHERBET

3 pints red currants $1\frac{1}{2}$ cup sugar
1 pint red raspberries 3 tablespoons lemon-juice
2 cups water 2 egg-whites

Place currants, raspberries and a cup of the water in a kettle and simmer slowly together for a few minutes. Strain, add remaining water, sugar and lemon-juice. Dissolve sugar in the fruit-juice mixture, cool and freeze to a mush. Stir in the beaten whites of eggs. Pack and let stand several hours.

LEMON SHERBET

1 quart water	$\frac{3}{4}$ cup lemon-juice
3 cups sugar	2 egg-whites

Make a sirup by boiling sugar and water together for five minutes. Add lemon-juice, cool and freeze to a mush. Add the beaten whites of the eggs and continue freezing.

LEMON MILK SHERBET

$\frac{1}{2}$ cup lemon-juice	1 $\frac{1}{2}$ cup sugar	1 quart milk
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Mix together the lemon-juice and sugar and add to the milk slowly, stirring constantly. If the ingredients are cold, and the acid is added slowly to the milk, rather than the milk to the acid, there is little danger of the mixture curdling. However, if it does curdle slightly the quality of the sherbet will not be affected. Strain and freeze.

PINEAPPLE SHERBET

1 quart water	2 cups shredded pineapple,
2 cups sugar	fresh or canned
1 lemon	2 egg-whites

Boil water and sugar together for five minutes. Chop pineapple (it may be put through a food-chopper if a pan is put below to catch the juice), scald it in the boiling sirup, and rub through a sieve. Cool, add lemon-juice and freeze to a mush. Add the beaten whites of the eggs and continue freezing.

RASPBERRY SHERBET

1 cup sugar	1 tablespoon lemon-juice
1 quart raspberries	1 egg-white

Add sugar to the raspberries, and let stand in the ice-box for two hours. If the mixture does not seem sweet enough, more sugar may be added. Add lemon juice and beaten egg-white; pour into freezer and freeze. Serve in glasses garnished with whipped cream.

SHERBETS MADE WITH GELATIN

1 tablespoon gelatin	1 cup sugar
1 ½ cup cold water	Fruit-juice
½ cup boiling water	

Soak the gelatin in one-half cup of the cold water. Add the boiling water and stir till dissolved; then add the sugar, remainder of cold water, and the strained juice of any fruit, and freeze. For orange sherbet, use the strained juice of six oranges and two lemons; for lemon sherbet, the juice of six lemons; for raspberry sherbet and strawberry sherbet, a pint of the fruit-juice mixed with the juice of two lemons.

CRANBERRY SHERBET

1 quart water	2 lemons
2 cups sugar	1 pint cranberry-juice
1 tablespoon gelatin	

Boil the water and sugar together for five minutes. Add the gelatin, which has been softened in cold water and dissolved over heat, the lemon-juice, and cranberry-juice. Strain, cool and freeze.

GINGER SHERBET

2 quarts water	¼ cup sirup from Canton ginger
3 cups sugar	1 teaspoon powdered ginger
6 lemons	2 egg-whites, if desired
1 tablespoon gelatin	

Boil water and sugar together for five minutes. Add lemon-juice, gelatin softened in a little cold water, the sirup and the powdered ginger. Freeze to a mush, then stir in the beaten egg-whites (these may be omitted). Serve in sherbet glasses.

PEACH SURPRISE SHERBET

2 cups sugar	2 cups peach-pulp
1 quart water	1 lemon
1 teaspoon gelatin	2 oranges

Boil sugar and water together for five minutes, add the gelatin softened in cold water. When the mixture is cold, add the peach-pulp, which has been pressed through a sieve, and the juice of lemon and oranges. **Freeze.**

CAFÉ FRAPPÉ

1 egg-white
 $\frac{1}{2}$ cup cold water
 $\frac{1}{2}$ cup ground coffee

1 quart boiling water
 1 cup sugar

Beat the white of the egg slightly and add the cold water and ground coffee. Place this in a coffee-pot and pour over it the boiling water. Boil two minutes, then stand where it will infuse. After ten minutes, strain, add sugar, cool and freeze. Serve in tall, thin glasses with whipped cream.

If a percolator is used, make a quart of clear black coffee.

CIDER FRAPPÉ

1 $\frac{1}{2}$ cup sugar
 1 pint water
 1 quart sweet cider

2 cups orange-juice
 $\frac{1}{2}$ cup lemon-juice

Boil sugar and water together for five minutes. Add cider and fruit-juices. Cool, strain and freeze to a mush.

CRANBERRY FRAPPÉ

1 quart cranberries
 1 pint water

2 cups sugar
 Juice of 2 lemons

Cook the cranberries and water together for ten minutes, then force through a sieve. Add the sugar and the juice of the lemons, cool and freeze to a mush.

GRAPE FRAPPÉ

4 cups water
 2 cups sugar
 2 cups grape-juice

$\frac{1}{2}$ cup orange-juice
 $\frac{1}{4}$ cup lemon-juice

Boil water and sugar together for five minutes. Add fruit-juice. Cool, strain and freeze to a mush.

PINEAPPLE FRAPPÉ

1 cup sugar
 4 cups water
 3 lemons

2 cups shredded pineapple,
 fresh or canned
 Grapefruit-pulp

Boil sugar and two cups of water together for five minutes. Add lemon-juice, the remaining two cups of water and pineapple. Cool,

strain and freeze to a mush. When fresh fruit is used, more sugar will be required. When nearly frozen, add bits of grapefruit-pulp.

SAUCES FOR ICE-CREAM

SUGAR BRITTLE

Stir one-fourth cup of sugar without any water in a saucepan over the fire until melted and of an amber color. Turn on to an oiled pan. When cold, pound in a mortar or in several folds of cloth. This may be sprinkled over chocolate, vanilla or caramel ice-cream.

CARAMEL SAUCE

Use recipe for pudding sauce on page 551.

COFFEE SAUCE

1 cup clear black coffee 3 egg-yolks $\frac{1}{3}$ cup sugar

Make a soft custard of the three ingredients. This is delicious for vanilla or lemon ice-cream.

MARSHMALLOW SAUCE

$\frac{3}{4}$ cup sugar $\frac{1}{2}$ pound marshmallows
 $\frac{1}{4}$ cup milk 2 tablespoons water

Boil the sugar and milk until the sirup threads. When almost cold, beat until thick and white. Set in boiling water and stir until thin enough to pour. Stir the marshmallows with the water in a double boiler until smooth. Pour the sirup over the melted marshmallows and beat together. Keep warm, but not hot.

FRUIT MARSHMALLOW SAUCE

Thin commercial marshmallow whip with fruit-juice.

HOT MAPLE SAUCE

2 cups maple sirup $\frac{1}{2}$ cup hot water

Boil the maple sirup and water until it spins a thread.

HOT FUDGE CHOCOLATE SAUCE

1 cup sugar	1 square chocolate
$\frac{1}{2}$ cup water	1 tablespoon butter
$\frac{1}{2}$ teaspoon vanilla	

Mix together the sugar, water and grated chocolate. Boil for five minutes. Cool slightly and add the butter and vanilla.

STRAWBERRY OR RASPBERRY SAUCE

$\frac{1}{4}$ cup butter or butter substitute	1 egg-white
1 cup powdered sugar	1 cup strawberries or rasp- berries

Cream the butter or butter substitute, add the sugar gradually, the stiffly beaten egg-whites, and the mashed berries. Beat until well mixed and foamy. A little lemon-juice will improve the flavor.

PASTRY

Pastry may be defined as a stiff dough made very short by means of some kind of fat. It is used for pies and tarts and for some other dishes. There are two kinds of pastry: plain pastry and puff pastry. Plain pastry is usually used for pies. It may be made either crisp and crumbly or light and flaky.

Puff pastry is not used for under crusts of pies because it rises, or puffs up, too much. It is sometimes used for rims where extra height is desirable or for upper crusts of rich pies. It is used for tarts of various kinds, for cases such as patty shells and *vol-au-vents* for creamed-meat mixtures, and for various shapes which are frosted or otherwise decorated for serving with afternoon tea. It may be cut into points to take the place of toast.

Pie-crust should be handled as little as possible. The flour and salt (and baking-powder, if used) should be sifted together; the fat should be worked in according to the directions given for the different kinds of crust and the water added gradually, always pouring it upon dry flour and working the mixture only enough to obtain a paste that will cling together in a mass and leave the sides of the bowl clean.

The amount of water can not be stated definitely, as it will vary with the dryness of the flour and the amount of fat used. If much fat is used, less water is needed, because fat is liquid at oven temperature and so is counted as liquid. The paste should be soft enough to roll out smoothly without breaking at the edges.

If the paste is chilled before being rolled, it will be easier to handle and be lighter when baked. Allowing a short interval between mixing and rolling the paste permits a more complete absorption of water, which also contributes to ease in handling the paste. If the paste is made too soft to roll, it can be thickened by working into it a combination of flour and one-fourth as much fat (by measure), using enough to give the right consistency. This keeps the proportions of fat, flour and water the same and a good result will be obtained, whereas if flour only is added the paste will be tough and hard.

Sprinkle flour over the mixing-board and rolling-pin and rub it into the wood as much as possible. Sometimes a stiff closely woven cloth is used as a cover for the board and flour is rubbed into it. The mesh of the cloth holds more flour and gives it up more slowly than the bare wood, thus making it possible to handle a softer dough upon it. Then sift a light coating of loose flour upon the board or cloth, place the paste upon it and toss it quickly over and over to coat the surface with dry flour so that the paste will not stick to the board. Pat into a round, flat shape and roll out with light, quick motions of the rolling-pin. Heavy pressure makes the paste stick to the board and breaks

the surface, which should be kept smooth. When the rolling-pin comes to the edge of the paste, it should roll off into space, not on to the board; the edges of the paste should not be pinched, but should be as thick as any other part of the paste, which should be uniform in thickness. If making a pie-crust, keep the paste in circular form; the expert can roll the paste so that it will exactly fit the pie-tin without need of trimming. The under crust should be thick enough to support the filling when the pie is baked; that is, between one-eighth and one-quarter inch thick.

When the paste is the right size, place the rolling-pin across it and fold one-half of the paste over the pin. With the pin held so as to prevent turning, lift the paste over the pie-pan and carefully shift into position; or the paste may be folded double and lifted on to the pan with the hands. Fit it carefully down into the curve, being careful not to enclose air. Trim the extra paste from the edge, if necessary; this may be done by cutting with a knife or by pressing against the edge with the hands. If but one crust is needed, crimp the rim with the side of the thumb or with the thumb and finger. If greater capacity is wanted, the edge of the crust may be made to stand upright by fluting it or by making a double rim by adding another piece of paste cut to fit the rim.

If an upper crust is necessary, it is rolled as directed for the under crust, but is made thinner and smaller. A design is usually scored on this. It is not necessary to have this design cut clear through, as the lines break sufficiently in baking to allow the steam to escape, thus preventing the upper crust from being puffed up. Moisten the rim of the under crust with cold water and after the filling is put in lift the upper crust into place. Press the crusts carefully together around the rim and trim off any excess. If desired, mark the rim as suggested for under crusts.

If the filling is very juicy, it is wise to bind the edge with an inch-wide strip of muslin dipped in water, lapping the ends and staying them with a little flour paste or by pinning. This is removed after the pie is baked. The upper crust may be cut one-half inch larger in diameter than necessary and the extra paste may be turned under the edge of the under crust, previously moistened; the crusts may be pressed together and marked as desired.

If the crust is to be baked before being filled, it should be fitted over the bottom of an inverted pie-pan and pricked well to allow the escape of air bubbles and prevent an uneven bottom.

Baking Pastry

Pastry should be placed in a very hot oven, so that the fat will be cooked into the flour without first becoming oily. If the fat becomes warm and oily before going into the oven, or after being put into the oven, the pastry will be tough or hard instead of crisp or flaky. When

the crust begins to brown, the temperature can be reduced. (For temperature, see page 5.)

A crust alone will bake in from twelve to twenty minutes, but when a filling is used a longer time is needed, with the temperature reduced after the first ten minutes; in that time the rim or upper crust and bottom should become set. The length of time for finishing the baking of the pie depends on the filling, and may require twenty to fifty minutes longer.

Some fillings for pies, such as lemon, chocolate or cream pies, are cooked and put into a baked crust. This insures a dry, crisp or flaky under crust. Some custard pies are made in this way, but the flavor is not so good as when the uncooked filling is put into the uncooked crust and both are cooked at the same time.

There are various methods of preventing sogginess of the under crust of juicy pies, such as coating the surface with egg-white, dusting with dry flour, or partly baking the crust.

Grainy and Crumbly Crust

It is easier to make a good grainy or crumbly pie-crust than it is to make the flaky crust. It is not so important that ingredients be cold and it makes no particular difference what kind of fat is used; it may be one of the solid fats or one of the vegetable oils; it may be melted before it is used, and hot water may be used instead of cold water. The fat is mixed quite thoroughly with the flour in making this sort of crust, and it need not be cut in with two knives, as with flaky pastry—in fact, the finger-tips may be used for this mixing. The heat of the fingers melts the fat a little, but this is no particular disadvantage with this kind of pastry.

For crumbly pie-crust, pastry flour, rather than ordinary bread flour, is an advantage and a smaller amount of fat can be used with the hot-water method.

Baking-powder, one-fourth teaspoon to a cup of flour, has a tendency to make the crust more tender.

PLAIN CRUMBLY PIE-CRUST

1½ cup flour	6 tablespoons fat
1⅛ teaspoon salt	Water

Sift flour and salt. Mix in fat with fork or finger-tips until the mixture has about the consistency of corn-meal. Add water gradually, tossing the moistened lumps of dough aside, so that the water may reach the dry material. When the dough clings together so that the bowl is clean, chill, remove two-thirds of it to a slightly floured board and roll out, keeping the paste as nearly circular as possible. Use this for the lower crust. For the top crust of a two-crust pie, use

the remaining paste with the trimmings of the lower crust. This amount should make two crusts of medium size, or one two-crust pie.

PIE-CRUST WITH VEGETABLE OIL

Use the proportions for plain pie-crust given above. Mix the fat into the sifted flour and salt with a fork. Less water is necessary to make the dough cling together. Otherwise the method is the same.

HOT-WATER PIE-CRUST—No. 1

$1\frac{1}{2}$ cup flour	$1\frac{1}{8}$ teaspoon salt
$\frac{1}{3}$ teaspoon baking-powder	6 tablespoons fat
	4 tablespoons boiling water

Sift flour, baking-powder and salt. Mix in fat with fork or finger-tips and stir in the boiling water. Cool before rolling.

HOT-WATER PIE-CRUST—No. 2

$1\frac{1}{2}$ cup flour	$1\frac{1}{8}$ teaspoon salt
$\frac{1}{3}$ teaspoon baking-powder	4 table-spoons boiling water
	$\frac{1}{2}$ cup fat

Pour the boiling water over the fat and beat with a fork until it becomes a smooth liquid. Sift the flour, baking-powder and salt into this mixture. Stir together, chill and roll out. This mixture keeps well in the ice-box.

CORN-STARCH PIE-CRUST

$\frac{3}{4}$ cup corn-starch	1 teaspoon baking-powder
$1\frac{1}{4}$ cup flour	6 tablespoons fat
1 tablespoon sugar	1 egg-yolk
$1\frac{1}{2}$ teaspoon salt	Cold water

Mix and sift all the dry ingredients. Rub in fat with a fork or finger-tips and add beaten egg-yolk while stirring. Add water gradually till paste will hold together. Chill and roll out.

ALMOND PIE-CRUST

$1\frac{1}{2}$ cup flour	$\frac{1}{2}$ cup fat
3 tablespoons ground almonds	1 egg
3 tablespoons sugar	Cold water
$1\frac{1}{8}$ teaspoon salt	

Mix dry ingredients and rub in fat. Add beaten egg and water to hold paste together. Cool and roll out.

Almond crust may be used for custard pie or any of its variations, for fresh-fruit or dried-fruit pies, for lemon pies, or for pumpkin, squash or sweet-potato pie. The crust is especially good for tarts, which may be filled with jelly, marmalade, fruit or whipped-cream mixtures.

Flaky Pie-Crust

To make a flaky pie-crust more pains must be taken than in making the crumbly crust.

In mixing the fat into the flour, the ingredients, particularly the fat and water, should be cold. Very soft fats and oils should not be used. Bread flour is better than pastry flour for flaky pastry. The finger-tips should not be used for mixing, as the heat of the fingers will soften the fat. Cut or shave the fat into the flour with two knives, rather quickly, and do not mix it very thoroughly. Leave the fat in lumps or thin slices which roll out to make layers or flakes. The same precautions must be observed as for making any other pie-crust.

Methods of Making Flaky Pie-Crust

There are three methods for making flaky crust. The third one is particularly good when it is desirable to cut down the amount of fat used. It is harder to mix and of course it will not seem as rich as the crust in which a larger amount of fat is used, but it is not tough.

A hot oven is important in baking a flaky crust, also. Layers of cold air have been incorporated into the crust and the hot oven expands this air quickly, making the crust light.

It is important to prick flaky crust before it is baked; otherwise it may puff too much in one place.

FLAKY PIE-CRUST—No. 1

1½ cup flour
1⅛ teaspoon salt

6 level tablespoons fat
Cold water

Sift flour and salt. Cut in the fat with two knives. Do not mix as thoroughly as for crumbly pie-crust, but leave fat in small lumps or slices. These lumps roll out to make layers or flakes. Roll lightly and bake quickly.

FLAKY PIE-CRUST—No. 2

Use proportions given in preceding recipe. Mix as in that recipe, reserving one and one-half tablespoon of the fat. Roll out, spread with half the reserved fat, roll up like a jelly roll and roll out. Spread with remaining fat, roll up and roll out again. If necessary, sprinkle the board with a little flour to keep the paste from sticking.

FLAKY PIE-CRUST—No. 3

Use same proportions of flour and salt as in preceding recipes. Reduce the amount of fat as much as one-half, if desired. Mix flour, salt and fat as directed above. Take out one-half of the dry mixture. Add water to the remainder. Roll out in circular form. Place one-third of dry part in a row across the center of the dough and fold over from each side to make three layers. Turn half way round and roll out. Repeat twice more, until all of the dry mixture is used. Bake as usual.

PUFF PASTE

1 pound butter or other	Ice-water
shortening	14 ounces bread flour or
2 teaspoons salt	1 pound pastry flour

(The usual proportions are a pound of flour to a pound of shortening.)

Wash the butter, if salted butter is used. To do this, wash the hands in water as hot as possible, rinse in cold water and knead the butter in ice-water in a scalded bowl until all the salt is drawn from it. At first the butter will crumble but when free from salt it will cling and mass together. Pat and fold till dry and in a compact mass. Reserve two tablespoons of it and put the rest on ice till needed.

Work the two tablespoons of fat into the flour with the tips of the fingers. Moisten carefully with ice-water, and turn the dough out on a slightly floured board. Knead smooth and divide into halves. Roll out each half to the same size and thickness. Over one sheet sprinkle a little flour. Take the remaining shortening from the refrigerator and make into a sausage-like roll, dredge with flour and roll out very thin as nearly like the sheets of dough in shape as possible. Flour the board and rolling-pin so that shortening will not adhere. Place the shortening between the two sheets of dough and roll as thin as possible without allowing the fat to break through. When the sheet becomes thin, fold in the sides until they meet, turn one-half way about and roll out. Fold and roll in this way twice and place in the ice-box for fifteen minutes. Repeat rolling and cooling until dough has been rolled and cooled four times. If not needed for immediate use, it may be wrapped in a towel and left in the ice-box, but not on the ice, from twelve to twenty-four hours and will be even lighter and more flaky than when freshly made.

Puff paste may be made without cooling, but it is lighter and rises better when the above directions are followed. The layers in puff paste are made by folding and rolling, incorporating air which, expanding with the heat, makes the paste rise.

An important factor in the making of puff paste is to have the oven at the proper temperature. The paste should be very cold when put

into the oven, and the oven should be very hot, about 500° F. (cooled later to 450° F. or lower).

For patties, the oven should have a strong underheat, allowing them to rise to their full height before browning. If the oven is too hot, so that the paste begins to brown as soon as put in, immediately reduce the temperature.

TO GLAZE PUFF PASTE

When a brown, polished finish is desired, the pastry is brushed with egg mixed with one tablespoon of cold water to each egg. The egg must not be beaten until frothy, but merely enough to make it mix with the water. Where gloss but no color is desired, the white of the egg alone may be used; the yolk gives the yellowish brown tinge.

SUET PASTE

1 teaspoon baking-powder	1 cup chopped suet
2 cups flour	1 cup cold water
½ teaspoon salt	

This paste is excellent for boiled fruit pudding and dumplings or for baked or boiled meat pies. All the ingredients must be very cold. Sift the baking-powder with the flour, add the salt, suet and water and mix into a smooth, firm dough. Chill and roll out.

APPLE PIE—No. 1

4 to 6 apples	1 cup sugar
¼ cup water	1 teaspoon cinnamon

Slice the apples thin and put them into a pie-pan lined with paste. Do not fill too full. Add water, sugar and cinnamon (sprinkle the spice on top of the sugar) and bake for one hour. This recipe will make one pie.

APPLE PIE—No. 2

4 to 6 tart apples	1 teaspoon nutmeg
¼ cup water	1 teaspoon butter or butter substitute
1 egg-yolk	Powdered sugar
1 cup sugar	

Line a pie-pan with plain crust and fill with thinly sliced apples. Add the water and cover with a top crust, making it a little richer than the under one. This is easily done by rolling in bits of fat and folding the paste several times. Cut a few slits in the center of the top crust to allow steam to escape while cooking. Brush with beaten yolk of egg. When baked, and while still hot, remove the top crust carefully,

sprinkle sugar over the cooked apple and dot with butter or butter substitute. Replace the top crust and dust with powdered sugar. This is an old-fashioned method. Ingredients given make one pie.

DEEP-DISH APPLE PIE (ENGLISH)

4 to 6 tart apples	1 teaspoon butter or butter substitute
1 cup sugar	1 cup hard sauce
1 teaspoon cinnamon	

Invert a heavy china cup in the center of a baking-dish. Fill the dish full of apples, pared, cored and cut in slices. Cover the dish with plain paste rolled a little thicker than usual, and slashed to allow the steam to escape. Bake for three-quarters of an hour, then remove from oven, and, with a knife, carefully pry up the crust and season with sugar, cinnamon and butter or butter substitute. When serving, slip the knife under the cup to allow the confined juice to mix with the apple. Serve the pie hot with a hard sauce.

SWEET-APPLE PIE

2 quarts mellow sweet apples	2 tablespoons flour
3 pints sweet milk	Pinch of salt
2 eggs	Sugar
	Nutmeg

Pare, core and slice apples, and steam until tender. Mash fine. Add milk, well beaten eggs, flour mixed smooth with a little milk, salt, and sugar to taste. Flavor with nutmeg if desired. Line a pie-pan with a rich pie-crust, fill with the mixture, and bake in the same way as custard pie.

APPLE OR PEACH MERINGUE PIE

1 quart prepared fruit	3 tablespoons powdered sugar
1 teaspoon nutmeg	$\frac{1}{2}$ teaspoon vanilla
3 egg-whites	

Stew the fruit and sweeten to taste. Mash, and season with nutmeg. Bake in one crust. Add powdered sugar and vanilla to stiffly beaten egg-whites. Spread over the pie and put back into the oven till the meringue is browned. Serve cold. This amount makes one pie.

BLACKBERRY PIE—No. 1

$1\frac{1}{2}$ cup blackberries	Sugar
$\frac{1}{2}$ cup water	Pinch of salt

Wash, drain and pick over the blackberries. Cook until tender with just enough water to prevent burning. Add sugar to taste, and a

pinch of salt. Line a pie-pan with paste, shape a ring of the paste around the rim of the pan, fill with berries, partly cooled, and arrange strips of pastry across the top. Put on another rim around the edge and bake thirty minutes in a slow oven.

BLACKBERRY PIE—No. 2

2½ cups blackberries	1 teaspoon butter or
½ cup brown sugar	butter substitute
1 teaspoon corn-starch	

Line a pie-pan with crust and brush with white of egg. Add berries, and sprinkle with sugar and corn-starch mixed together. Dot with butter or butter substitute, and cover with upper crust. Bake forty minutes in a moderate oven.

CHERRY PIE

1 quart cherries	Flour
4 tablespoons sugar	Powdered sugar

The common red cherries are the best for pies. Stoning the cherries is desirable. Line a deep pie-pan with good plain paste, fill nearly full with the cherries, sprinkle with sugar, and dredge lightly with flour.

Cover with an upper crust, which should be rolled as thin as possible; make a vent in the center, and press the edges lightly together so that the juices will not escape during the baking. Serve cherry pies the same day they are baked, or the under crust will become heavy. Sprinkle powdered sugar over each piece just before serving.

Follow the same directions in using any small fruit for pies.

MOCK CHERRY PIE

1 cup cranberries	1 teaspoon almond extract
½ cup seeded raisins	1 teaspoon butter or butter
¾ cup sugar	substitute
1 tablespoon flour	

Line a pie-pan with crust. Fill with cranberries, washed and cut in halves, mixed with chopped raisins. Sprinkle with mixture of sugar and flour, add almond extract, and dot with butter or butter substitute. Cover with a second crust, and bake.

CRANBERRY PIE

1½ cup cranberries	¾ cup sugar	½ cup water
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Cook cranberries, water and sugar for about ten minutes. Cool and bake in one crust with a high rim. Put strips of paste, lattice fashion, across the top.

GRAPE PIE

1 cup blue grapes
1 cup sugar
1 egg

1 teaspoon flour
1 teaspoon butter or
butter substitute

Seed the grapes. Add remaining ingredients, and bake between two crusts.

HUCKLEBERRY PIE

1 quart huckleberries

1 cup sugar

Flour

Wash and drain the berries and sift flour over them while they are still a little wet, until each berry becomes a little white ball. Stir the sugar well into the fruit, and turn into a pie-pan lined with crust. Cover with an upper crust, and bake one hour. Serve cold, with sugar sifted over the top. Flouring the berries in this way will make just enough thickening to counteract the excessive amount of juice.

Some people prefer to add sugar after the pie is baked. The juice is less likely to overflow and the fruit has a fresher taste.

PINEAPPLE PIE

2 cups grated pineapple
4 tablespoons corn-starch
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup sugar
Juice $\frac{1}{2}$ lemon
2 egg-yolks

Scald the pineapple. Mix corn-starch, salt and sugar, and stir into the pineapple. Stir and cook ten minutes. Add lemon-juice and beaten yolks slowly. Cover and let cook five minutes. When cool, turn into baked crust, and cover with whipped cream or a meringue made from the whites of the eggs, or ornament with baked circles, crescents, or other figures cut from remaining crust

RHUBARB PIE

6 to 8 stalks rhubarb
Flour

1 cup sugar
Powdered sugar

Cut the peeled rhubarb into small pieces, flour them until they are quite white and add sugar. Line a pie-pan with paste, put in the rhubarb, with the sugar well stirred into it, cover with the upper crust, and bake one hour. Serve cold, sprinkling powdered sugar on top.

RHUBARB MERINGUE PIE

5 to 8 stalks rhubarb
Flour
1 cup sugar
 $\frac{1}{4}$ cup water

2 egg-whites
1 tablespoon sugar for
meringue

Line a pie-pan with plain paste. Cut into pieces sufficient rhubarb to fill the pan, and sprinkle with flour until each piece is quite white. Place the rhubarb in the pie-pan, adding one cup of sugar and a very little water. Bake slowly, and when done spread over the top the stiffly beaten whites of the eggs into which has been folded one tablespoon of sugar. Return to oven and brown lightly.

PEACH PIE

4 to 6 peaches	1 cup sugar
$\frac{1}{4}$ cup water	1 teaspoon butter or
Spices	butter substitute

Pare peaches and slice thin. Put in a pie-pan lined with paste and sprinkle with the sugar and spices and dot with butter or butter substitute. Cover with upper crust and bake for one hour in a moderate oven.

FIG PIE

$\frac{3}{4}$ pound dried figs	4 tablespoons sugar
$1\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ teaspoon salt
2 eggs	

Cut the figs fine, add boiling water and cook about one-half hour, or until the skins are tender. Beat the egg-yolks, add two tablespoons sugar and the salt, stir into the figs and cook until the egg thickens. Turn into a baked crust. Cover with a meringue made of the stiffly beaten egg-whites and two tablespoons sugar, and sprinkle the top lightly with sugar. Brown in a moderate oven.

PRUNE PIE

1 cup cooked and pitted prunes	$\frac{1}{2}$ cup sugar
1 lemon, juice and grated rind	2 tablespoons butter or
1 cup water or juice	butter substitute
1 tablespoon flour	

Cook the prunes with the other ingredients until slightly thickened. Add a little cinnamon or nutmeg, if desired. Bake between two crusts. Shredded coconut may be added to the filling, for variation. Prune pie is delicious served with ice-cream or whipped cream. This amount makes a small pie.

DATE PIE

Use recipe for prune pie, substituting dates for the prunes. Do not cook so long that dates become mushy.

PEACH AND RAISIN PIE

2 cups stewed dried peaches	$\frac{1}{2}$ cup sugar
1 cup seeded raisins	2 teaspoons corn-starch
3 tablespoons lemon-juice	$\frac{1}{2}$ cup peach-juice

Chop peaches and add raisins, lemon-juice and sugar. Bring to the boiling-point. Add corn-starch, mixed with cold peach-juice. Cook until the mixture is creamy. Pour while hot into a pie-pan lined with paste. Cover with top crust and bake in a hot to moderate oven.

RAISIN PIE

1 cup seeded raisins	1 lemon, juice and grated rind,
1 cup sugar	or 2 tablespoons vinegar
1 tablespoon flour	2 tablespoons butter or butter
$\frac{1}{2}$ teaspoon salt	substitute

Mix all ingredients except butter or butter substitute. Pour into a pie-pan lined with paste, dot with bits of the fat and cover with a second crust. Bake in a hot to moderate oven.

RAISIN CUSTARD PIE

$\frac{3}{4}$ cup raisins	2 cups milk
$\frac{1}{2}$ cup water	2 eggs
1 tablespoon flour	$1\frac{1}{2}$ tablespoon corn-starch
6 tablespoons sugar	$\frac{1}{2}$ tablespoon vanilla

Put the raisins through a food-chopper. Add water and the flour mixed with one tablespoon of sugar and cook until thickened. Put into a baked crust. Scald one and one-half cup of milk. Mix beaten yolks, three tablespoons of sugar, the corn-starch and the remaining half cup of cold milk. Add hot milk gradually and return to double boiler. Cook fifteen minutes. Pour the mixture over the raisins, adding vanilla at the last, and cover with meringue made from the the stiffly beaten whites and two tablespoons of sugar.

BUTTERSCOTCH PIE

$1\frac{1}{2}$ cup milk	2 tablespoons butter or
1 cup brown sugar	butter substitute
3 tablespoons corn-starch	2 tablespoons powdered
2 eggs	sugar

Heat one cup of milk and the sugar until the sugar is free from lumps. Mix the corn-starch, one-half cup milk and egg-yolks and add to the hot mixture slowly. Cook in a double boiler until thick, stirring

constantly, then for ten minutes longer. Add butter or butter substitute. When cool, pour into a baked shell. Cover with a meringue made from the stiffly beaten egg-whites and the powdered sugar. Brown in the oven.

As an attractive variation, cover the top of the pie with halves of marshmallows and brown in the oven. In this case, one whole egg instead of two yolks may be used in the filling.

CREAM PIE AND ITS VARIATIONS

1 cup milk	2 egg-yolks or
1 tablespoon corn-starch	1 whole egg
$\frac{1}{4}$ cup sugar	1 teaspoon vanilla
1 teaspoon salt	

Scald the milk. Mix the corn-starch, sugar and salt, and add hot milk slowly. Cook twenty minutes over hot water. Beat the egg-yolks and add slowly, stirring rapidly. Cool and add vanilla. Put into a baked crust. Vary in any of the following ways:

Banana or orange pie—Slice fruit into baked crust and cover with custard filling. Cover top with meringue made from egg-whites.

Chocolate pie—Use only seven-eighths tablespoon corn-starch. Add two squares of grated chocolate just before removing custard from the stove. Beat well. Cover with meringue.

Coconut pie—Add two tablespoons shredded coconut to the meringue made from the egg-whites.

Nut pie—Stir one cup of chopped nuts into the filling and sprinkle the top with a few. Raisins and nuts may be used together.

Spice pie—Add two teaspoons each of ground cloves and cinnamon to the cooked filling.

Date pie—Add one cup of chopped dates. Cover with meringue.

CHOCOLATE PIE—No. 2

1 cup milk	1 teaspoon butter or butter
3 tablespoons flour	substitute
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	2 egg-yolks
2 squares chocolate	

Scald milk in double boiler. Mix flour, sugar and salt. Add hot milk slowly and return to double boiler. Cook until thick (twenty minutes). Add egg-yolks, grated chocolate and butter or butter substitute. Beat well. Cool and add vanilla. Put into a baked crust.

Nuts or coconut are an attractive addition to chocolate pie. Meringue, whipped cream or beaten marshmallow whip may be served on it.

COTTAGE-CHEESE PIE

- | | |
|----------------------------------|--|
| 1½ cup smooth cottage-
cheese | 1 lemon, grated rind and juice |
| 1 cup finely chopped raisins | 2 tablespoons cream |
| ½ cup honey, sirup or sugar | 2 tablespoons butter or butter
substitute |
| 2 eggs, well beaten | |

Press the cheese through a ricer, add other ingredients and mix thoroughly. Turn into paste-lined pie-pan and bake until the mixture thickens slightly. Lower the heat and bake until firm.

Raisins may be omitted and preserves or jam spread on top, or coconut may be used.

CUSTARD PIE

- | | |
|-----------------------------|---------------------|
| 2 or 3 eggs or 4 to 6 yolks | ½ teaspoon cinnamon |
| ½ cup sugar | 2 cups hot milk |
| ½ teaspoon salt | |

Beat the eggs, add sugar and cinnamon and milk. Mix well and pour into unbaked crust. Place in a rather hot oven, to bake sides and bottom of crust. This will help to prevent a soggy crust. Decrease the heat and cook until a silver knife inserted in the center will come out clean (about forty-five minutes). The custard must not boil at any time; if it does, it will be watery.

COCONUT CUSTARD PIE

- | | |
|-----------------|-------------------|
| 2 eggs | ¼ teaspoon nutmeg |
| ½ cup sugar | 1 cup coconut |
| 2 cups hot milk | ¼ teaspoon salt |

Beat the eggs and sugar together until light, then add the milk, nutmeg, coconut and salt. Line a deep pie-pan with crust, pour the mixture in and bake thirty minutes. The above quantities will make one thick pie or two thin pies.

LEMON PIE—No. 1

- | | |
|---------------------|---|
| 1 cup sugar | 1 teaspoon butter or butter
substitute |
| 5 tablespoons flour | |
| 1 lemon | 1 cup boiling water |
| 3 eggs | 3 to 6 tablespoons sugar for
meringue |
| ¼ teaspoon salt | |

Mix flour, sugar and salt; add boiling water gradually. Add butter or butter substitute and grated rind of the lemon and cook fifteen

minutes. Add lemon-juice and beaten yolks of eggs, stirring the egg in quickly. Cool and turn into a baked crust. Cover with a meringue made from the stiffly beaten egg-whites, to which the sugar has been added. Brown in a quick oven. This mixture may be baked in an uncooked crust.

LEMON PIE—No. 2

1½ tablespoon corn-starch	1 cup sugar
1 cup water	1 lemon
1 tablespoon butter or butter substitute	1 egg-white
	1 to 3 tablespoons sugar

Mix the corn-starch in a little of the cold water and bring the rest of the water to the boiling-point. Add the moistened corn-starch and cook until transparent. Add the butter or butter substitute, sugar, lemon-juice and grated rind and set aside to cool. Beat the mixture well and turn into a baked crust. Make a meringue with the stiffly beaten white of egg and sugar. Brown the meringue and serve the pie cold.

LEMON PIE—No. 3

1 cup sugar	1 raw potato
1½ teaspoon flour	1 cup hot water
1 lemon	1 to 3 tablespoons sugar for meringue
1 egg	

Mix sugar and flour, add lemon-rind and juice, grated potato and egg-yolk. Add boiling water slowly and cook until thick, stirring constantly. When cool, fill a baked shell, and cover with a meringue made of the stiffly beaten egg-white and the sugar.

LEMON PIE—No. 4

3 eggs	1 tablespoon melted butter or butter substitute
1½ cup sugar	3 to 6 tablespoons sugar for meringue
1½ cup water	
1½ cup milk	
2 lemons	

Mix egg-yolks and sugar and add water and milk. Add melted butter or butter substitute and, just before baking, the lemon-juice and grated rind. If the lemon-juice is added too soon, the acid will curdle the milk. Pour into a pie-pan lined with paste and bake for three-quarters of an hour, or until a silver knife inserted in the center will come out clean. Cover with meringue made from the stiffly beaten egg-whites and sugar. Brown lightly. Serve cold.

SOUR-CREAM PIE

1½ cup sour cream	¼ teaspoon nutmeg
2 eggs	2 tablespoons flour
1 cup sugar	½ cup chopped raisins
½ teaspoon cinnamon	1 teaspoon vanilla
¼ teaspoon cloves	2 tablespoons sugar

Scald one cup of the cream in a double boiler. Mix egg-yolks, sugar, spices, flour and remaining cream and add slowly to the hot mixture. Cook fifteen minutes. Add raisins and vanilla. When partly cooled, pour into a baked crust. Cover with meringue made from stiffly beaten egg-whites and sugar. Brown in a moderate oven.

PUMPKIN PIE

1½ cup prepared pumpkin	1 teaspoon salt
$\frac{2}{3}$ cup brown sugar	2 eggs
1 teaspoon cinnamon	2 cups milk
½ teaspoon ginger	

Steam and strain fresh pumpkin or bake it and put it through a sieve. Canned pumpkin is ready to use. Add remaining ingredients in the order given. Turn into a crust-lined pan and bake. Use a rather high temperature at first, to cook the bottom and sides of crust. Reduce the temperature and continue cooking until a silver knife inserted in the center will come out clean. Do not let the pie boil, as that will make it watery.

Nut-meats (one-half cup) are a delicious addition. Whipped cream is also very good with pumpkin pie.

SQUASH PIE

The yellow, hard-shelled squash makes almost as good pies as pumpkin and is often easier to obtain. Use the proportions given for pumpkin pie, adding two tablespoons of butter or butter substitute, as the squash is not as oily as the pumpkin. Stew, steam or bake the squash about one hour and be sure that it is as dry as possible. Baking insures this more easily than does any other method of cooking.

SWEET-POTATO PIE

Pare and boil or bake the sweet potatoes, press them through a sieve and follow the directions given for pumpkin pie, adding three tablespoons of butter or butter substitute and reducing the sugar to one-fourth cup unless a very sweet pie is desired. Flavor with nutmeg.

MINCE MEAT—No. 1

2 pounds lean beef	1 nutmeg
1 pound chopped suet	$\frac{1}{2}$ teaspoon ground mace
4 pounds tart apples	2 oranges
3 pounds sugar	2 lemons
3 pounds currants	$\frac{1}{2}$ pound citron
2 pounds raisins	1 tablespoon salt

Stew the beef in a very little water until quite tender, cool and chop as fine as possible. Add the beef suet, chopped fine, and pared, cored and chopped apples, the sugar, currants, raisins, spices, orange and lemon-juice, the grated rind of the oranges and of one lemon, chopped citron and salt. Mix thoroughly. Cook one hour. Pack in a stone jar and keep in a cold place. The mince-meat should be thoroughly stirred each time any is taken out and occasionally moistened with a little grape-juice or orange-juice. Left-over canned fruit-juice or bits of meat or canned fruit may be added from time to time.

MINCE MEAT—No. 2

3 pounds lean beef	2 pounds sugar
6 pounds sour apples	2 cups cider vinegar
3 pounds raisins	2 cups molasses
$\frac{1}{2}$ pound suet	1 tablespoon ground cloves
$\frac{1}{2}$ pound citron	1 teaspoon cinnamon
2 pounds currants	1 teaspoon mace
1 nutmeg	2 tablespoons salt

Stew the beef in a little water until tender. Cool it, then chop the meat, the apples, raisins, suet and citron, and washed currants. Mix and add remaining ingredients. Scald. If too dry, add a little warm water at time of using.

MOCK MINCE MEAT—No. 1

$\frac{1}{2}$ cup cracker-crumbs	1 teaspoon allspice
2 cups chopped raisins	1 teaspoon nutmeg
1 cup brown sugar	1 teaspoon cloves
$1\frac{1}{2}$ cup melted butter or butter substitute	1 teaspoon salt
1 cup currants	2 cups cold water
1 cup molasses	1 tablespoon cinnamon
1 cup sour cider	2 eggs

Mix well together and use as desired. This is a good mince-meat for those who find the ordinary variety too rich.

MOCK MINCE MEAT—No. 2

6 green tomatoes	$\frac{1}{2}$ cup citron
6 apples	1 orange-rind
$\frac{1}{4}$ pound currants	1 teaspoon salt
$\frac{1}{4}$ pound raisins	1 teaspoon cloves
1 tablespoon cinnamon	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{4}$ cup fruit-juice	$\frac{1}{2}$ teaspoon ginger
$\frac{1}{4}$ cup vinegar	$\frac{1}{4}$ teaspoon grated nutmeg

Chop tomatoes, apples, currants and raisins. Add other ingredients in the order given and cook until thick. This amount should make three pies.

MOCK MINCE MEAT—No. 3

1 cup rhubarb	1 tablespoon butter or butter substitute
1 cup raisins	
1 lemon	4 tablespoons bread-crumbs
1 cup sugar	$\frac{1}{2}$ teaspoon salt
1 egg	

Chop fresh rhubarb and raisins. Add grated lemon-rind and juice, sugar, softened butter, beaten egg, crumbs and salt. Bake between two crusts.

BOILED-CIDER PIE

$\frac{1}{3}$ cup rich, boiled cider	1 teaspoon butter or butter substitute
$\frac{1}{3}$ cup grated maple sugar	
2 eggs	2 egg-whites and 2 table-
$\frac{1}{2}$ teaspoon nutmeg	spoons powdered sugar,
$\frac{1}{2}$ cup seeded raisins	if meringue is desired

Boil the cider and sugar to dissolve the sugar. Add beaten eggs slowly and stir until thickened. Add raisins and nutmeg. Turn into a pan lined with crust. Cover with top crust and bake, or bake without a top crust, cover with a meringue and brown slightly.

PASTRY SHELLS—No. 1

Roll plain or puff paste thin and cut with a biscuit-cutter. With a smaller cutter remove the center of one-half of these circles and lay the rings thus made on the whole circles, in this way building a wall around the shell. Bake in a quick oven. When these shells are used, small pans are not required. With puff paste, if a deep shell is desired, remove the centers from two circles and lay both these on top of the uncut circle.

PASTRY SHELLS—No. 2

Invert patty-pans or muffin-tins and cover each with crust and bake quickly. Patty cases made in this way make very attractive individual pies, a variation from the usual large pies. They may be made ahead of time and warmed in the oven to freshen them. For a quick dessert, fresh or canned fruit, jelly, marmalade, or whipped cream mixed with nuts and fruit may be used for filling. Any pie mixture may be used to fill them.

APPLE TARTS

5 apples	$\frac{3}{4}$ cup granulated sugar
$\frac{1}{2}$ cup cold water	2 tablespoons butter or butter substitute
3 eggs	2 tablespoons powdered sugar
1 lemon	

Pare, core and cut up tart apples and cook them in the water until soft, stewing them very slowly. Beat this sauce smooth, partly cool, then add beaten egg-yolks, lemon-juice and grated rind and the granulated sugar, increasing the amount of sugar, if desired. Line patty-pans with paste, fill them with the mixture, dot with butter or butter substitute and bake in a very hot oven. Beat the whites of the eggs stiff, add the powdered sugar, spread on top of the tarts and return to the oven to brown. This amount makes six to eight tarts.

QUEEN OF APPLE TARTS

1 cup apple-pulp	1 teaspoon lemon-juice
1 tablespoon butter or butter substitute	1 teaspoon grated lemon-rind
	Sugar to taste

Steam enough prepared apples to make the required amount of pulp, then press through a colander. Add butter or butter substitute, lemon-juice, grated lemon-rind and sugar and pile lightly in well-baked pastry shells. Garnish with whipped cream and candied cherries. Serve cold.

APRICOT AND MARSHMALLOW TARTS

Wash, soak and stew dried apricots. When tender, press through a sieve. Sweeten to taste. To each cup of pulp add six marshmallows cut in small bits. Fill baked pastry shells and decorate with quartered marshmallows.

BANANA ROLL

Peel bananas and cut in halves crosswise. Roll puff or flaky paste one-eighth of an inch thick. Cut into pieces. Dip each piece in

ice-water and wrap around a half banana. Place on a baking-sheet and bake in a moderate oven. Serve with a sauce made by crushing strawberries with sugar.

BANBURY TARTS

- | | |
|------------------------|-----------------------------|
| 1 cup chopped raisins | 1 tablespoon melted butter |
| 1 cup sugar | or butter substitute |
| 3 tablespoons cracker- | $\frac{1}{8}$ teaspoon salt |
| crums | 1 lemon, juice and rind |
| 1 egg, beaten | |

Mix ingredients in order given. Roll puff or flaky paste one-eighth inch thick and cut in three-inch squares. Put a teaspoon of the Banbury mixture in the center of each, wet edges of paste, and fold to form a triangle. Prick several times and bake. This amount makes eight to ten tarts.

CHEESE PASTRIES

- | | |
|--------------------|-------------------------|
| 4 eggs | 1 package cream cheese |
| 1 tablespoon cream | $\frac{2}{3}$ cup sugar |

Beat eggs very light, add remaining ingredients and beat until well mixed. Line shallow muffin-pans with pastry and put in hot oven. When half done, fill with the cheese filling and bake until firm throughout.

CHESS PIES—No. 1

- | | |
|------------------------------------|--------------------------------|
| $\frac{1}{2}$ cup butter or butter | 3 eggs |
| substitute | 1 egg-white |
| 1 cup sugar | 5 tablespoons sugar |
| 1 cup chopped raisins | $\frac{1}{2}$ teaspoon vanilla |

Make individual pie shells on inverted muffin-pans. Prick before baking to prevent the air from pushing them up and out of shape.

Cream butter or butter substitute, and gradually add one cup sugar. Add chopped raisins, one whole egg, and two egg-yolks. Fill shells three-fourths full and cover with a meringue made from two stiffly beaten egg-whites, sugar and vanilla. Brown meringue slightly in the oven, and while browning stir into the pie mixture once or twice with a fork. This makes the mixture fluffy and helps to keep the pies longer.

CHESS PIES—No. 2

- | | |
|--------------------------|----------------------------|
| 1 cup milk | 2 egg-yolks or 1 whole egg |
| 1 tablespoon corn-starch | 1 teaspoon vanilla |
| $\frac{1}{4}$ cup sugar | Chocolate fudge |
| 1 teaspoon salt | |

Bake patty shells by covering the bottom of muffin-pans with plain paste.

Scald the milk. Mix corn-starch, sugar and salt and add hot milk slowly. Cook twenty minutes over hot water. Beat the egg-yolks and add slowly, stirring rapidly. Cool and add vanilla. Fill the patty shells with this mixture. Cover each with a layer of chocolate fudge one-fourth inch thick.

COVENTRY TARTLETS

$\frac{1}{2}$ pound Neufchâtel cheese	2 egg-yolks
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup butter or butter substitute	$\frac{1}{4}$ teaspoon nutmeg
	1 tablespoon orange-juice

Mix the cheese with the other ingredients until creamy. Line a dozen deep molds with puff or flaky paste. Prick and fill with the cheese mixture. Bake until golden brown and firm. When done, turn upside down on a sheet of paper and leave to cool. Spread each tartlet with apricot or currant marmalade, quince or apple jelly or green-gage jam.

CRABAPPLE PUFFS

Line muffin-tins with puff or flaky paste; fill with crabapple jelly, cover with the paste and bake. Remove from the tins while hot. Serve with a sauce made by melting crabapple jelly.

CURRENT STICKS

$\frac{1}{4}$ recipe puff or flaky paste	$\frac{1}{2}$ teaspoon cinnamon
Dried currants	2 tablespoons sugar
Butter or butter substitute	

Work into paste as many dried currants as it will hold. Add sugar and cinnamon. Roll out in a strip four inches wide and one-half inch thick. Sift a little sugar on top and cut crosswise in strips three-fourths of an inch wide. Put a bit of butter or butter substitute on each stick and bake in a moderate oven until brown.

FIG PASTRY CUPS

Line muffin-tins with puff or flaky paste. Prick thoroughly and bake until brown. Remove from tins while hot. Make fig paste by chopping figs and simmering them in water for an hour, keeping the saucepan covered. When the paste is cool, fill the pastry cups and cover with whipped cream sweetened to taste.

FRENCH PASTRY SANDWICHES

1 lemon

1 cup sugar

1 egg

Roll puff paste about one-fourth of an inch thick and cut in circles. Dip in ice-water and bake. Serve two of these put together with filling made as follows:

Remove rind and seeds from the lemon, and chop the lemon fine. Add sugar and egg and beat together thoroughly. Cook until it thickens. This filling is sufficient for a dozen cases.

MAMMY'S FRIED PIES

Stew dried apples, peaches or apricots. Drain off all juice, mash well and sweeten. Roll pie-crust one-eighth inch thick and cut circles three inches in diameter. On one of the circles place a spoonful of the filling, having a clear margin of the pie-crust. Moisten this edge all around, place another circle on top and press the edges firmly together. Fry in deep fat like doughnuts or sauté with a little fat in a hot frying-pan, turning the pie so that it will brown on both sides. These are good with fillings of mince meat or cooked rice.

APPLE OR PEACH TART

2 cups flour

4 teaspoons baking-
powder1 tablespoon butter or
butter substitute

1 teaspoon cinnamon

6 to 8 juicy apples or peaches

1 egg

Milk

 $\frac{1}{2}$ teaspoon salt $\frac{1}{4}$ cup molasses

Make a crust of flour and baking-powder sifted together, butter or butter substitute, salt, beaten egg and enough sweet milk to make a soft dough. Roll the crust one-half inch thick and line a greased baking-tin with it. Cover the crust with quartered apples and sprinkle with a little cinnamon and molasses. Bake in a rather quick oven till crust and apples are both a light brown. Sprinkle with sugar, keep in the oven five minutes more and then serve. This amount makes one large tart.

GREEN-GOOSEBERRY TARTS

Remove stems and tails of the berries, stew slowly in very little water till the fruit breaks, then sweeten well and set aside to cool. When cold, bake in pastry shells with a top of puff paste. Brush each over while hot with beaten egg and set back in the oven three minutes to glaze. Serve cold.

GRAPE TARTLETS

- | | |
|-------------------------------------|-------------------------|
| 1 cup grapes | 1 teaspoon arrowroot or |
| 1 cup sugar | 1 teaspoon corn-starch |
| $\frac{1}{2}$ cup water | 1 cup whipped cream |
| $\frac{1}{2}$ cup white grape-juice | |

Cover inverted oval patty-pans with puff or flaky paste. The paste should be pricked thoroughly so that it will keep its shape. When baked a delicate brown, remove from the pan, dry the inside and fill with grape mixture made as follows: Make a sirup by boiling together sugar, water and grape-juice. Moisten the arrowroot or corn-starch to a smooth paste with a little cold water and stir in as thickening. Remove seeds from the grapes and put the grapes into this sirup. Simmer until the grapes are soft and sirup is thick. At serving time, fill the shells and top each one with whipped cream and a single uncooked grape laid open in halves. This recipe makes from six to eight tartlets.

HARRIETTES

- | | |
|-----------------------------------|-----------------------------|
| $\frac{1}{2}$ cup grated coconut | 2 stiffly beaten egg-whites |
| $\frac{1}{2}$ cup chopped nuts | 1 tablespoon cream |
| $\frac{1}{2}$ cup chopped raisins | $\frac{1}{2}$ cup sugar |

Mix ingredients in order given. Cut rounds of puff paste rolled one-third inch thick. Dip in ice-water and put two teaspoons of filling on one-half of the rounds. Cover with rounds of pastry and pinch the edges together. Brush the tops of the tarts with beaten white of egg and sprinkle with chopped nuts. Bake in a moderate oven till brown.

LEMON TARTLETS

- | | |
|--------------|--------------------------|
| 2 lemons | 2 eggs |
| 2 cups sugar | 1 cup sponge-cake crumbs |

Mix the juice and grated rind of the lemons, sugar, eggs and sponge-cake crumbs. Beat until smooth. Put into twelve patty-pans lined with paste and bake until the crust is done.

LILLIES

- | | | |
|-----------------------------|---------------------------------|-------|
| $1\frac{1}{2}$ cup cherries | $1\frac{1}{2}$ cup marshmallows | Sugar |
|-----------------------------|---------------------------------|-------|

Grease the outside of small tin funnels (which may be bought for the purpose) and cover with puff paste. Place upright in a pan and bake in a moderate oven, turning to brown evenly. When baked, carefully slip the pastry from the funnels while hot. Fill with cherries and marshmallows chopped together and sweetened to taste. Lay on a serving-dish with the points toward the center.

MACAROON TARTS

2 egg-yolks
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ dozen macaroons

1 lemon
 1 tablespoon butter or
 butter substitute

Mix the yolks of the eggs with the sugar and beat until light. Roll the macaroons, add to the egg and sugar mixture, and flavor with the grated rind and juice of the lemon. Mix this with the melted butter or butter substitute. Beat until smooth and then fold in the stiffly beaten whites of the eggs. Cover inverted patty-tins with puff or flaky paste, prick thoroughly and bake in a hot oven. When cool, put a spoonful of marmalade or jelly into each and cover with the macaroon mixture. Place for a moment or two in the oven until the tops brown. This amount will make six to eight tarts.

MARMALADE STRIPS

Place a thin layer of crust on an inverted baking-pan. Spread with thick marmalade or any filling that does not run. Cover with another thin layer. Cut into strips four inches by one and a half. Bake in a quick oven. When cool, spread with a thin icing made of confectioners' sugar and water. Sprinkle with finely chopped nuts.

MILLEFEUILLES

Roll puff paste one-half inch thick and with a floured knife cut into strips three inches long and one inch wide. Brush with egg-white mixed with a little water and sprinkle with sugar. Place on ice for a half hour before baking and bake in a hot oven for twenty minutes. The strips should be well browned. They are excellent to serve with afternoon tea.

NAPOLEONS

Divide puff paste into thirds and roll each portion into a sheet as thin as possible without breaking. Prick thoroughly and chill before baking. When baked a delicate brown, cool and spread between the sheets any stiff cream filling preferred. Spread the top with confectioners' frosting. When ready to serve, cut in blocks two inches wide by four inches long.

ORANGE TARTS

2 oranges
 $\frac{3}{4}$ cup sugar
 1 teaspoon corn-starch

1 tablespoon butter or
 butter substitute
 1 $\frac{1}{2}$ tablespoon lemon-juice

Beat together the juice of the two oranges and the grated rind of one, the sugar and melted butter or butter substitute. Add corn-starch stirred into the lemon juice and bake in tart shells. This amount makes six to eight tarts.

PEACH DUMPLINGS WITH WHIPPED CREAM

Freestone peaches are needed for these dumplings. Pare the peaches, cut a hole in the end and carefully remove the stones. Wrap in circular pieces of puff paste rolled to one-fourth of an inch thick and tuck in the paste neatly where the stones were removed. Bake in a slow oven. Just before serving, fill the holes with whipped cream sweetened and flavored.

PEACH TARTS

Make shells of "Puff Paste—No. 1" and, when baked and cool, place in each little case a canned or fresh half peach. Imitate the peach-stone by placing in this cavity a few chopped nuts or a couple of blanched almonds. These tarts may be furnished with handles made from strips of paste baked over a quarter-pound baking-powder tin, to insure the proper curve. When baked, the handles are slipped into incisions made in the peach. Any fresh or canned fruit may be used in this way. When fresh fruit is used, it should be fully ripe and sweetened with powdered sugar.

PEANUT STRIPS

Peanut butter
Lemon-juice

Egg-white
Chopped peanuts

Roll paste very thin. Place on inverted baking-tin. Brush half with peanut butter thinned with lemon-juice. Cover with the other half and with a sharp knife mark in strips four inches long and one inch wide. Set in a quick oven. When baked, brush with white of egg diluted with one teaspoon of cold water and sprinkle with finely chopped peanuts. Return to the oven for about three minutes, until the nuts are slightly crisped, then cut apart. These are excellent with coffee or afternoon tea.

PEEK-A-BOOS

Cut thin pie-crust in rounds about three inches in diameter. Prick one-half of the rounds with a fork. In the other half of the rounds cut three holes, to form a triangle, using a thimble or some other small cutter. Bake in a quick oven. Spread jelly on the pricked rounds, cover with the perforated ones, putting in extra jelly through the holes. Sprinkle with powdered sugar.

PINEAPPLE TARTS

Roll puff or flaky paste about one-half inch thick. Cut rounds with a biscuit-cutter. Dip half of these in ice-water and place in a greased pan. Cut smaller holes in the centers of the other half. Dip these rings in ice-water and place on top of the rounds in the pan. Put

a small piece of butter or butter substitute in each center and bake in a moderate oven forty-five minutes, covering with a double thickness of brown paper the first fifteen minutes, and turning the pans frequently. Before serving, fill the centers with sweetened grated pineapple and cover with whipped cream.

PRUNE TART

Fresh or dried prunes	1 tablespoon cream
Sugar	$\frac{1}{2}$ cup cake-crumbs
1 tablespoon flour	$\frac{1}{4}$ cup powdered sugar
3 eggs	$\frac{1}{2}$ teaspoon vanilla

Line a baking-dish with paste and fill the middle with fresh or soaked dried prunes that have had the stones removed. Sprinkle with sugar and the flour and bake. When the fruit is tender, pour over it the yolks of the eggs, mixed with the cream, one-half cup of sugar and the cake-crumbs. Bake until done and cover with meringue made from the egg-whites, powdered sugar and vanilla. Brown and serve.

RASPBERRY TURNOVERS

Cut circles of puff or flaky paste three inches in diameter, having the paste not more than one-eighth of an inch thick. Moisten half the edge of the circle with cold water and in the center lay a teaspoon of thick raspberry preserve. Fold one half of the circle over the other, making edges meet. Press closely and mark with a fork dipped in flour. Brush with beaten egg, prick, and chill before placing in the oven. Dust with granulated sugar before serving. If desired, decorate the top of each with a single preserved berry or a candied cherry. Other fruit may be used in the same way.

SWEET RISsoles

Cut circles of puff or flaky paste three inches in diameter from a sheet rolled not more than one-fourth inch thick. Wet the edges of each circle for one-half inch all around, lay one teaspoon of any thick stewed fruit or marmalade on one side of the circle and fold the other half over upon this until the edges meet. Pinch the edges together, brush over with beaten egg and fry in deep fat. Dust with sugar and serve.

PASTRY ROLLOVERS

Cut circles of thick rolled paste from four to five inches in diameter. Prick thoroughly, spread with jelly and sprinkle with finely chopped nuts. Roll closely over and over. Place on an inverted pan, having the lapped side of the rollover underneath to keep the roll in place. Bake in a quick oven and brush with milk just before removing from the oven.

Meringues

A meringue is a very light, delicate preparation made by beating the white of egg until stiff and fine grained. It is sweetened, and may or may not be flavored otherwise.

Egg-whites for meringues should be beaten until very light, and if they are thoroughly chilled this may be accomplished in a few minutes. It should not be done until the meringue is to be used. Good storage eggs give satisfactory results, but if eggs are too stale the whites are somewhat liquid and will not beat up at all well, making them undesirable for meringues, although they may be useful for other purposes.

The sugar for meringues may be powdered sugar, fine granulated sugar or brown sugar. It should be sifted, to free it from lumps and to keep it from being compact.

Proportion of sugar—For pie and pudding meringues, from one to three tablespoons of sugar to each egg-white are used. For kisses and meringue shells, from four to five tablespoons of sugar are used to each egg-white.

Method of making—Beat the egg-whites until stiff, then add the sugar gradually, continuing the beating, and beat until the mixture is fine grained and will hold its shape, or add the sugar to the unbeaten egg-whites and beat both together (see page 30). If more than three tablespoons sugar to one egg-white is used, two-thirds of it is beaten in as directed and the last one-third is folded carefully into the mixture, as further beating may make the egg-white fall.

Method of using—The meringues for pies, tarts or puddings may be spread evenly over the surface, using a knife or the back of a spoon, or the surface may be made uneven by spreading in ridges or making points. The mixture may be placed on top of the pie or pudding in fancy shapes by means of a pastry-bag and tube. The meringue may be put on by the spoonful. This is desirable for some puddings, as it is then easy when dishing or serving the pudding to have a nicely shaped meringue for each serving. The meringue should touch the pastry rim or baking-dish all around or it will shrink away from it in the process of baking.

The meringue for puddings may be baked by itself by floating spoonfuls of the mixture upon hot water in a shallow pan, baking, skimming them off while hot and putting upon the prepared pudding.

Meringues for kisses and shells are usually shaped by means of a pastry-bag and tubes of various shapes. When the mixture is ready, put it into a pastry-bag and force on to a piece of clean paper which has been spread on a wet board. The board prevents too rapid baking on the bottom. The shapes should be of even size and placed a short distance apart so that they will not touch each other when expanded by the heat of the oven. The small shapes (kisses) are put together in pairs while warm, so that they will stick together. The larger shapes

are scooped out, to leave shells. These are filled with whipped cream or an ice-cream or other frozen product and may or may not be put together in pairs.

Baking—Meringues are baked in a slow oven, from 250° F. to 350° F. If the oven is too hot, the meringue will be tough and may be shrunk instead of being light. If the oven is too slow, the meringue will not bake and will become watery.

Pie and pudding meringues are baked from eight to fifteen minutes, depending on the thickness of the mixture upon the surface covered. They should rise and be delicately browned.

Meringues for kisses and shells are baked from thirty minutes to one hour, depending on the size. They should be dried more than baked, and very delicately colored—more yellow than brown.

PIE MERINGUE—No. 1

2 egg-whites	$\frac{1}{4}$ teaspoon vanilla or $\frac{1}{8}$ tea-
2 tablespoons sugar	spoon lemon extract
Few grains of salt	

Directions for making are on page 601.

PIE MERINGUE—No. 2

2 egg-whites	$\frac{1}{3}$ teaspoon vanilla or $\frac{1}{8}$ tea-
4 tablespoons sugar	spoon lemon extract
Few grains of salt	

Directions for making are on page 601.

PIE MERINGUE—No. 3

2 egg-whites	$\frac{1}{2}$ teaspoon vanilla or $\frac{1}{4}$ tea-
6 tablespoons sugar	spoon lemon extract
Few grains of salt	

Directions for making are on page 601.

MERINGUE FOR KISSES—No. 1

2 egg-whites	$\frac{1}{2}$ teaspoon vanilla or 1 table-
$\frac{1}{2}$ cup sugar	spoon lemon-juice
Few grains of salt	

Directions for making are on page 601.

MERINGUE FOR KISSES—No. 2

2 egg-whites	$\frac{1}{2}$ teaspoon vanilla
$\frac{5}{8}$ cup sugar	Few grains of salt

Directions for making are on page 601.

BEVERAGES

The standard kinds of coffee on the market to-day are Mocha, Java, Bogota, Rio, and Santos, and although only about three per cent of that used in the United States is actually from Mocha or Java, these names represent grades of coffee and coffee bearing these names still continues to be most popular.

Buying Coffee

The size of the coffee bean is not important, since that differs with each variety; the color, however, may be, as this indicates the amount of roasting to which it has been subjected. A light-colored bean is likely to be mild in flavor; a medium one, somewhat stronger; while a very dark one may be bitter.

If possible, purchase unground coffee and grind it at home as it is needed. It is much more economical to use finely ground coffee, as more strength can be obtained from a given amount than from that which is coarser. If one has equipment for using pulverized coffee, that will be the most desirable.

Storing Coffee

All coffee should be kept tightly covered, especially after it has been ground, as it loses its strength when it is exposed to the air. If this should happen, it can be remedied in part by heating the dry coffee in a frying-pan, care being taken not to let it burn. The flavor, however, will not be as good as the original.

Making Coffee

The most delicious coffee is made with water below the boiling-point. Many of the percolators and drip coffee-pots on the market are planned on this principle. Coffee should be served as soon as it is ready; if it has to stand, the pot should be tightly covered and the spout should be plugged with cotton or tissue, so that none of the aroma will be lost.

For weak coffee, use 1 tablespoon coffee to 1 cup water

For medium coffee, use 2 tablespoons coffee to 1 cup water

For strong coffee, use 3 tablespoons coffee to 1 cup water

FILTERED COFFEE

(Drip Coffee)

There are many coffee-pots on the market for making filtered coffee. They all contain some sort of a strainer which allows the water to

drip through the coffee very slowly. Place the coffee in the strainer and pour very hot water over it. If not strong enough, refilter it. Serve immediately.

BOILED COFFEE

Put the coffee in the pot with the white of an egg or some egg-shells and a little cold water and stir all together thoroughly. Pour boiling water over it and place on the stove. Cover the spout of the coffee-pot or stuff it with paper to preserve the aroma. As soon as it boils up, set it on the back of the stove to settle. A quarter of a cup of cold water will cause the coffee to settle more quickly. Do not allow the coffee to become muddy by careless pouring. To avoid this, decant the coffee into a hot serving-pot.

PERCOLATED COFFEE

Place the coffee in the strainer in the upper part of the pot and let the water bubble up through the tube, percolating through the coffee into the lower part until the coffee becomes the desired strength as shown through the glass top. Serve at once. Most undesirable coffee may be made in a percolator if it is allowed to continue cooking long after the proper strength is reached.

AFTER-DINNER COFFEE

The best after-dinner coffee is made with a filter. If really black coffee is desired, use three tablespoons of finely ground coffee to each cup of freshly boiled water. Wet the strainer in cold water before adding the coffee. Pour the boiling water slowly upon the coffee, and leave the pot over the heat while the water is finding its way through the fine grains and absorbing their flavor. When all the liquid has dripped through, the coffee is done and should be served at once.

VIENNA COFFEE

Make after-dinner coffee and serve in demi-tasses topped with stiffly whipped cream. Sugar may be used if desired. This style coffee is best suited to afternoon or evening service, although it is adapted for after-dinner service as well. Serve with small cakes.

CAFÉ AU LAIT

Make medium or strong coffee by the drip or percolator method and while it is being prepared scald an equal amount of fresh milk. Pour the coffee and hot milk together into the cups in equal amounts, one pot in each hand.

TURKISH COFFEE

Use finely pulverized coffee. Mix one tablespoon of coffee for each demi-tasse with an equal amount of granulated sugar. When the water is boiling briskly, add the coffee, and when it looks frothy remove from the fire. In a moment or two, boil it up again and repeat a third time. It should be thick and foamy. Serve at once, without cream, as the last course at dinner or luncheon or as a refreshment in the evening with small cakes. It is too strong to serve in cups any larger than demi-tasse.

ICED COFFEE

Make coffee of desired strength—strong coffee is best, as the ice dilutes it—and cool it. Serve in tall glasses with cracked ice, topped with whipped cream. Another way is to pour hot coffee over cracked ice in glasses, adding more ice as needed. Vanilla ice-cream may be served on top instead of whipped cream. Cream may be poured on the ice before the coffee is added, and the coffee may then be topped with whipped cream.

Tea

A cup of tea with its delicately fascinating aroma is one of the most delicious beverages, but probably no other is attended with such doubtful results, chiefly because the average person knows little about the selection of teas, and methods of brewing it are uncertain.

Varieties of Tea

Teas divide into three groups according to their method of manufacture.

Unoxidized or unfermented—These include the green teas, an example of which would be the Japan pan-dried tea. The leaves are greenish and the tea made from them is light colored and delicate in flavor.

Partly oxidized or partly fermented—These include the Oolong and Ceylon varieties. The leaves are brown and the tea made from them is darker in color than that made from the unfermented leaves and has a characteristic aromatic flavor.

Oxidized or fermented—These are known as black teas, such as English Breakfast or China Congon, and India teas such as Darjeeling and Pekoe. The leaves are black and the beverage has a rich dark color and a fruit flavor.

During oxidation or fermentation, chemical changes take place which improve the flavor and reduce the amount of tannin, the substance which gives tea its astringency. As green teas are not oxidized, they contain a larger proportion of tannin than the others and consequently have a more astringent flavor.

Buying Tea

Buy tea that has well-curved leaves and that is free from stems or dust. In the process of manufacture, the leaves are withered or steamed and then rolled by hand or machinery. This extracts some of the juice, which dries on the leaf and makes it more easily soluble when the tea is steeped. The twist of the leaf due to this rolling helps to secure this dried juice. Tea with very large leaves, dusty tea or tea in which stems are found in abundance is of poor quality and even though offered at a reduced price is bad economy, as a large quantity must be used to produce even a fair flavor.

Storing Tea

Tea will absorb moisture and odors, and the volatile oil, to which it owes much of its flavor, will evaporate. Store tea, therefore, in tightly covered cans and in a cool place.

Making Tea

China or earthenware pots are by all means to be preferred in making tea; metal is to be avoided if the best flavor is desired. If two pots are not available, some arrangement by which the tea leaves can be removed from the pot is necessary. Some pots come equipped with strainers. Tea may be put in a tea-ball or a muslin bag and taken out when sufficiently steeped. These should not be filled more than half full, to allow the tea leaves room to swell and to give off the amount of flavor of which they are capable. Making tea in a cup with the aid of a tea-ball or strainer is not to be encouraged, as the tea does not steep long enough and the flavor and aroma are dissipated.

The quantity of dry tea to use in proportion to water is not fixed; it depends on the grade of tea and the strength desired. An old rule reads, "a teaspoon of tea to a cup," and it is an excellent one to use when trying a new tea; but most people will find that it is not necessary to use as much as this. In the finer grades of tea, one teaspoon to five cups is sufficient. The housewife must experiment with her particular kind, and suit it to the tastes of the individuals drinking it.

The method of making is not so variable. Experts insist that there is only one way. Freshly boiling water is necessary, otherwise the tea is flat and insipid. Pour the boiling water on the required amount of leaves in an earthen pot. Allow this to brew for three minutes if desired with a maximum of aroma and a minimum of tannin or astringent flavor. Pour off the liquor into another warm earthenware pot and serve at once. More "body" is given by longer brewing, due to extraction of more tannin. Five minutes is sufficient time.

Tea may be served with sugar, cream, lemon, cloves, candied cherries, orange-peel or rose leaves and mint. Black teas are best to serve with cream.

ICED TEA

Make tea in the usual way. The Oolong and Ceylons make a good variety to choose from. The clearest iced tea is made by pouring the hot liquid over the ice rather than by cooling it slowly in the refrigerator. Black teas are likely to become clouded on standing. This does not indicate an inferior quality of tea, but simply a characteristic of certain kinds.

Cocoa

Cocoa shells are the shell of the cocoa bean. They are low in nutritive value, but, because they contain much of the characteristic cocoa flavor, a cheap and pleasant beverage may be made from them.

Cocoa nibs are the ground cocoa bean.

Chocolate is made from cocoa beans that are ground under pressure. It is sold in the unsweetened form, such as we commonly use for a beverage, and sweetened and flavored. If chocolate is stored in a warm room, the fat, cocoa butter, will melt and come to the surface, and when it hardens will give the chocolate a gray look, because the fat is practically white. The cake of chocolate, however, is as good to use as ever. The instantaneous chocolate found on the market is a combination of cocoa, flavoring, sugar and often milk powder.

Cocoa is the ground bean from which part of the fat has been extracted. It should be a rich reddish brown in color. If it is very dark, it is usually because it has been artificially colored or made from imperfectly cleansed beans or those of a poor quality.

Cocoa is a valuable food and is an excellent medium by which to introduce milk in the diet. Because it contains a stimulant, it is best to use a minimum of cocoa and a maximum of milk when giving it to children.

The method of making all beverages containing cocoa is based on the fact that cocoa is rich in starch; therefore cocoa boiled for five minutes has a much better flavor than that which is made by simply adding it to scalded milk, because cooking improves the flavor of all starches.

COCOA NIBS

$\frac{1}{2}$ cup cracked cocoa

3 pints water

Boil cocoa nibs and water two hours; strain and serve with an equal amount of scalded milk.

COCOA SHELLS

$\frac{1}{2}$ cup cocoa shells

1 pint cream

$\frac{1}{2}$ quart water

Place the cocoa shells and water together and boil for two hours; the liquid should be reduced one-half in quantity. Heat the cream, add it, strain and serve.

COCOA

2 to 3 tablespoons cocoa
 $\frac{1}{2}$ cup water
 1 quart milk

1 to 2 tablespoons sugar
 $\frac{1}{8}$ teaspoon salt

Stir cocoa, sugar and either hot or cold water together and boil over the fire for five minutes. Add salt. Scald the milk in a double boiler. Add the milk to the cocoa mixture and stir until well blended. The cold milk may be added to the cocoa mixture after boiling for five minutes. Beat with a Dover egg-beater to make it foamy before serving. Whipped cream or marshmallows may be served with cocoa.

CHOCOLATE

2 squares unsweetened
 chocolate
 4 cups milk

3 tablespoons sugar
 3 tablespoons water

Scrape the chocolate fine, mix it with the water and heat over hot water until the chocolate is melted. Bring the milk to the boiling-point (in a double boiler), add the chocolate and the sugar, stir until dissolved and whip with an egg-beater until the beverage is light and frothy.

ICED CHOCOLATE

Make chocolate or cocoa as usual; cool and serve in tall glasses with chopped ice, topped with sweetened whipped cream.

RECEPTION CHOCOLATE

1 quart milk
 $\frac{1}{2}$ cup cocoa
 $\frac{1}{4}$ cup flour
 1 quart water

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{8}$ teaspoon salt

Mix dry ingredients and make a smooth paste with some of the water. Pour on the remainder of the water and boil slowly for fifteen minutes. Combine with the milk, bring to the boiling-point. Add vanilla. Serve with whipped cream. This is a very thick, rich cocoa.

Fruit Beverages

Fruit beverages are particularly valuable in the diet. They should be served more frequently than any of the others except milk. The time has passed when we think of them as only for formal or semi-formal occasions or for the warmest Summer days. They offer most

desirable minerals, are rich in vitamins, and, because of the sugar used to sweeten them, are fairly high in fuel value. Most of the fruit-juices have a wholesome laxative effect. In the Summer they make refreshing drinks; through the Winter, the juices that have been bottled during the warmer months plus the fresh juices available from the citrus fruits are a source of vitamins and minerals, which may be so lacking in the diet at that time; and in the Spring they are most valuable stimulants to the jaded appetite. The tang of their acid flavor and their attractive color make them welcome additions to the table.

Combination of fruits—Any combination of fruit-juices will make a successful beverage providing some of the more tart juices, such as those from lemons, sour oranges, apple cider or rhubarb, are present to give the necessary acidity.

Sugar sirups—A beverage made with a sugar sirup is better than one to which sugar alone has been added. The sirup gives a smoother texture and is easily mixed throughout the whole drink, while sugar has a tendency to sink to the bottom.

The amounts of sugar given in the recipes can not be exact, as the sugar must vary according to the acidity of the fruit and individual taste.

Utensils—It is best to use silver in cutting fruit, or for pressing or stirring the juices, as other metals may give a metallic flavor to the beverage. Glass, china or wooden ware are the most desirable utensils to use.

SUGAR SIRUP

4 cups sugar 4 cups water

Boil sugar and water together for ten minutes. Pour into clean hot jars and seal. This sirup may be kept on hand and used as needed.

LEMONADE—No. 1

6 lemons 1 to 1½ cup sugar sirup
3 cups water

Squeeze the juice from the fruit. Mix well with the sirup and water. Serve very cold.

LEMONADE—No. 2

6 lemons ½ to ¾ cup sugar
4 cups water

Follow directions of preceding recipe. See that the sugar is well dissolved.

LIMEADE

Limeade is made in the same way as lemonade, using limes instead of lemons and a little more sugar. This is even more refreshing than lemonade in the Summer.

ORANGEADE

4 oranges	1 to 1½ cup sirup
1 lemon	3 cups water

Follow directions for lemonade.

PINEAPPLE ORANGEADE

4 oranges	1 quart boiling water
1 pineapple	Sugar or sirup

Add the juicy parts of the pineapple, shredded, to the orange-juice. Pour the water over the fruit and sweeten to taste. Cover and set aside to cool. Strain and serve iced. Blood oranges will give the mixture an attractive pink color.

APPLE LEMONADE

Wash apples and dice, using the entire apple. Cook with enough water to cover, strain through a cloth and add one cup sugar for each cup of juice thus obtained. Dissolve sugar in the juice and cool. Fill glasses half full of this apple sirup, add to each glass the juice of half a lemon and fill up with ice and water.

BERRY LEMONADE

To each glass of lemonade add two tablespoons of crushed fresh or canned berries—strawberries, raspberries, blackberries, loganberries or blueberries. Seedy fruits should be strained. Garnish with whole berries and serve with crushed ice.

CURRANT LEMONADE

1 cup sugar	1 cup water
4 cups currants	Lemons

Cook the sugar with the currants until the fruit is soft. Add the water, strain and cool. Allow one-half lemon and one-half glass of currant sirup for each serving. Fill glasses with ice and water.

EGG LEMONADE—No. 1

For each glass use one beaten egg; add the juice of two lemons and one-fourth teaspoon nutmeg. Fill glass with chilled water; shake well and serve.

EGG LEMONADE—No. 2

Into a tall glass half full of crushed ice put a spoonful of chopped fruit, pineapple, peaches or crushed berries. Beat in an egg, add juice of one lemon and sugar to taste. Fill glass with plain or effervescent water and shake or stir until very cold.

LEMON FROST

Fill a tall glass one-fourth full of cracked ice, fill three-fourths full of lemonade and frost the top with a spoonful of stiffly beaten egg-white sweetened slightly and flavored with lemon-juice.

LEMON GINGER

For each glass allow two tablespoons ginger sirup, the juice of one-half lemon and two tablespoons pineapple-juice. Fill with cracked ice and water.

LEMON MINT

For each glass squeeze the juice of two lemons over six or seven crushed mint leaves. Add one-fourth cup sirup, some chopped ice, and water to fill the glass.

PINEAPPLE LEMONADE

1 pineapple	1 cup sugar
1 quart boiling water	1 cup tea infusion
1 lemon	

Slice pineapple and pare deep enough to take out all the eyes. Prepare the tender part to serve. Put the core, the rind and the grated rind of the lemon in a kettle and pour on the boiling water. Cover and simmer for half an hour. Strain through cheese-cloth. Add sugar, tea and lemon-juice. Serve cold. As some pineapples are much more sour than others, more sugar may be necessary.

FRUIT PUNCH—No. 1

1 quart blue grape-juice	Sugar or sirup to taste
1 pint white grape-juice	2 quarts ginger ale
Juice of 12 oranges	1 pint charged water
Juice of 12 lemons	

Mix fruit and sugar or sirup. Add ginger ale and charged water and serve with chopped ice. This will serve twenty-five people.

FRUIT PUNCH—No. 2

1½ cup water	Juice of 6 lemons
1½ cup sugar	Juice of 6 oranges
1 quart grape-juice	1 pint tea
2 quarts chilled water	1 pint grated pineapple

Boil water and sugar ten minutes. Cool and add other ingredients and let stand one hour. Add chilled water and serve with chipped ice. This will serve twenty-five people.

FRUIT PUNCH—No. 3

2 cups water	1 cup white grapes
2 cups sugar	1 cup maraschino cherries
1 cup pineapple	Juice of 6 oranges
1 cup strawberries	Juice of 6 lemons
1 cup raspberries	2 quarts charged water
1 cup bananas	

Boil water and sugar ten minutes. Cool and add crushed fruit and fruit-juice. Chill. Add charged water just before serving. Serves twenty-five people.

GINGER-ALE PUNCH

Juice of 4 lemons	Sugar or sirup to taste
1 pint grape-juice	1 quart ginger ale

Mix fruit-juices and sugar or sirup. Just before serving, add ginger ale.

GINGER PUNCH

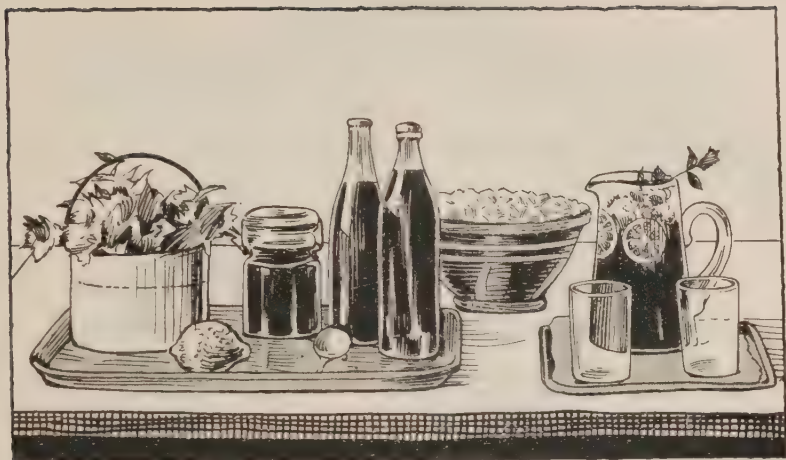
1 quart water	¼ cup ginger sirup
1 cup sugar	1 cup orange-juice
¾ cup chopped Canton ginger	¼ cup lemon-juice
	1 quart Apollinaris water

Boil water, sugar, ginger and ginger sirup for twenty minutes. Cool. Add fruit-juices and Apollinaris water gradually.

GRAPE-JUICE PUNCH

1 cup sugar sirup	Juice of 1 orange
1 pint water	1 pint grape-juice
Juice of 3 lemons	

Mix ingredients in order given. Serve iced.



Fruit-juices of various kinds may be mingled in one beverage. Mint and sliced lemons provide a garnish, and a bowl of cracked ice makes rapid chilling possible.



Nothing could be more tempting for the Summer porch than the finished product, arranged on a tray, with a slice of lemon and a sprig of mint topping each glass.

LEMON PUNCH

Juice of 6 lemons	1 quart water
Juice of 3 oranges	$\frac{1}{2}$ cup mashed strawberries
$\frac{3}{4}$ cup sirup	$\frac{1}{2}$ cup shredded pineapple

Mix fruit-juice, sirup, water and crushed fruit. Garnish with very thin slices of orange.

PARADISE ISLAND PUNCH

$\frac{1}{2}$ cup sirup	Juice of $\frac{1}{2}$ grapefruit
1 quart pineapple-juice	$\frac{1}{2}$ cup grated pineapple
Juice of 2 oranges	$\frac{1}{2}$ cup crushed strawberries
Juice of 1 lemon	

Proceed as for lemon punch.

RASPBERRY PUNCH

1 lemon	1 pint boiling water
1 cup raspberries	1 cup sugar
1 cup currants	1 cup tea infusion

Crush fruit and strain through a cloth. Without taking the pulp from the cloth, put it into another dish and pour the boiling water over it. Drain off, but do not squeeze or it will be muddy. Add the sugar and stir until it is dissolved. Cool thoroughly before adding the fruit-juice and tea.

VERANDA PUNCH

Juice of 3 lemons	1 cup tea infusion
Juice of 2 oranges	1 pint ginger ale
$\frac{1}{2}$ cup sugar sirup	1 pint charged water

Mix fruit-juice and sugar sirup. Add the hot tea. Cool, and, when ready to serve, add ginger ale and charged water. Thin slices of lemon and orange may be used for a garnish.

CHILLED GRAPE-JUICE

Wash purple grapes and boil until skin, pulp and seeds separate. Press through jelly-bag and to every pint of juice add one-half cup of sugar. Boil for twenty minutes, chill and serve with chipped ice.

GRAPE-JUICE HIGH BALL

Use Niagara grapes. Proceed as for recipe for chilled grape-juice. Serve in tall glasses half filled with shaved ice and add an equal quantity of charged water. Lemon is an attractive addition.

GRAPE-JUICE RICKY

For each glass mix the juice of one-half lime with one-half glass of grape-juice and two tablespoons of sugar. Pour back and forth in a mixer with crushed ice. Fill with plain or charged water.

LOGANBERRY COCKTAIL

2 cups loganberry-juice	1 cup water
1 cup orange-juice	$\frac{1}{4}$ cup sirup
Juice of 1 lemon	

Proceed as in lemon punch.

QUAKER DRINK

3 sprigs of mint	Juice of 3 oranges
3 cups tea infusion	$1\frac{1}{2}$ teaspoon powdered ginger
Juice of 3 lemons	2 cups cold water

Bruise mint in a pitcher and pour the tea over the fruit-juice, ginger mixed with two tablespoons hot water and the cold water. Chill and serve.

EGG-NOG

1 egg	1 tablespoon powdered sugar
Pinch of salt	2 tablespoons fruit-juice
Milk	

Add salt to the egg-white and beat to a stiff froth. Add the sugar, the well-beaten yolk of the egg and the fruit-juice. Fill the glass with ice-cold milk. Sprinkle top with chopped nuts. The egg-yolk and white may be beaten together rather than separately, if desired.

MILK SHAKE

Fill a glass two-thirds full of ice-cold milk. Sweeten to taste and flavor with two tablespoons of fruit-juice, strained preserves, melted jelly or chocolate sirup. Fill the glass with finely chopped ice. In the absence of a regulation "mixer" pour from one glass into another. When frothy, sprinkle with cinnamon or nutmeg.

MILK PUNCH

2 tablespoons sugar	1 cup milk
$\frac{1}{4}$ cup charged water	$\frac{1}{2}$ teaspoon vanilla

Mix sugar, vanilla and milk. Stir well and add the water. Pour this mixture from one bowl to another to froth it. Hold the bowl high as you pour the liquid. When it is frothy, pour it into a tumbler and serve.

MOCK CLARET CUP

Small stick of cinnamon	1 cup currant-juice
bark	Sugar sirup
3 lemons	$\frac{1}{4}$ cup currants
5 oranges	1 cup tea infusion
1 pint water	

Boil cinnamon, lemon-rinds and orange-rinds in the water for ten minutes. Strain, and when cool add other ingredients including the juice of the lemons and oranges. Serve in a tall glass and garnish with currants.

ORANGE LILY

$\frac{1}{2}$ cup white grape-juice	2 tablespoons orange-juice
1 teaspoon sugar	

Fill glass half full of shaved ice. Add grape-juice, orange-juice and sugar and fill with chilled water. Serve with two straws thrust through a thin slice of orange.

ICE-CREAM PUFF

Break an egg into a mixing-glass and add four tablespoons of any preferred fruit sirup and a serving of vanilla ice-cream. Shake until well mixed, fill with carbonated water and sprinkle with nutmeg. Extra ice-cream may be added just before serving.

CHAFING-DISH RECIPES

Most chafing-dishes have two pans, the under one for holding hot water and the upper one to hold the preparation being cooked. The under pan is called the "hot-water pan;" the upper one, the "blazer." The hot-water pan may be used for keeping the food hot while serving and it is also used when the blazer contains any combination of eggs, milk, or cheese, which might burn if cooked over the direct flame. The blazer is used to cook things quickly or for browning food.

Oysters, clams, eggs, lobster, cheese and the great variety of creamed dishes are favorites with those who practise chafing-dish cookery. Almost any creamed dish is easily made in a chafing-dish. It is unwise to attempt too elaborate dishes in the chafing-dish, the more simple preparations, well made, being preferable. All dishes are served from the chafing-dish.

The following are some representative chafing-dish recipes, though numerous others not designed especially for the chafing-dish may be used equally well.

PANNED OYSTERS

1 cup oysters	½ lemon
1 tablespoon butter or butter substitute	1 teaspoon parsley
White pepper	Salt
	Toast

Drain and wash the oysters. Put the fat in the blazer and when hot turn in the oysters, adding the juice of the lemon and the chopped parsley. The oysters should be left only until they are plumped and the gills are a little ruffled. They must not change color, or be fried in the least. Season with salt and white pepper and serve on toast. This recipe will serve three.

CREAMED OYSTERS

1 tablespoon butter or butter substitute	1 cup rich milk or cream
1 tablespoon flour	1 pint oysters
	Seasonings

Make a white sauce of the fat, flour, liquid and seasonings. To this add the oysters, drained, and season with pepper and salt. This recipe will serve three or four.

OYSTERS À L'INDIENNE

1 pint oysters	2 tablespoons Worcestershire sauce
Bacon	1 tablespoon minced parsley
Cloves	6 olives
2 tablespoons chutney sauce	$\frac{1}{2}$ teaspoon paprika

Drain large oysters, wipe them dry, wrap each in a slice of bacon, fastened with a toothpick, and stick two cloves in each oyster. Mix the chutney sauce, Worcestershire sauce, minced parsley, olives cut fine, and paprika. Put the oysters in the blazer and cook until the bacon is crisp and the oysters plump. Pour the sauce mixture over the oysters, stirring it thoroughly into the gravy. This recipe will serve three or four.

CREAMED LOBSTER

Follow the directions for creamed oysters.

CURRIED LOBSTER

1 large boiled lobster	1 tablespoon curry-powder
1 tablespoon butter or butter substitute	$\frac{1}{2}$ tablespoon flour
1 tablespoon onion	1 pint milk

Prepare boiled lobster as directed—see page 234—and cut the meat into dice. Put the fat into the blazer and add the fine chopped onion. Cook slowly for five minutes. Add curry-powder, mixed with the flour, stirring constantly, and add warmed milk, stirring until it is smooth. When well blended, add the diced lobster, and allow it to remain over the flame just long enough to become thoroughly heated in the sauce. This recipe serves three or four.

GRILLED SARDINES

12 large sardines	1 tablespoon lemon-juice	6 pieces toast
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Drain sardines and heat thoroughly in chafing-dish. Turn frequently; add lemon-juice and serve on finger-length pieces of toast.

WELSH RABBIT

See chapter on cheese dishes.

CRAB RAREBIT

1 tablespoon butter or butter substitute	Pepper
2 tablespoons flour	Parsley
2 cups cream	1 to 2 cups crab-meat, fresh or canned
$\frac{1}{8}$ teaspoon soda	2 tablespoons Parmesan cheese
$\frac{1}{2}$ teaspoon salt	Toast

Make a white sauce of the fat, flour, cream, soda and seasonings. Add chopped cooked crab-meat (see page 258). Arrange squares of buttered toast on a hot platter. Pour the crab mixture over them, sprinkle with grated cheese and serve piping hot. This recipe serves four or five.

ENGLISH MONKEY

1 cup bread-crumbs	1 egg
1 cup milk	$\frac{1}{2}$ teaspoon salt
1 tablespoon butter or butter substitute	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup mild American cheese	Toast

Soak the bread-crumbs in the milk until they are soft. Melt the butter or butter substitute in the blazer. Add the cheese cut in dice. When the cheese has melted, add the softened crumbs, the egg beaten, and salt and pepper. Cook three minutes longer and pour the hot mixture over squares of toast. This recipe serves four to six persons.

CHICKEN HASH

1 $\frac{1}{2}$ cup chopped chicken	1 tablespoon parsley
1 cup diced boiled potatoes	Salt
2 tablespoons butter or butter substitute	Pepper
	$\frac{1}{2}$ cup stock or water

Mix the chicken and the potatoes lightly together. Melt the butter or butter substitute in the blazer, add the potato and meat, parsley, seasoning and stock, and cook until heated, browning if desired. Heat directly over the flame.

If desired, one-fourth cup of chopped green peppers may be added. This recipe will serve four to six persons.

CREAMED CHICKEN

1 $\frac{1}{2}$ cup chopped cooked chicken	$\frac{1}{2}$ cup chopped mushrooms, fresh or canned
1 cup white sauce	Toast

Reheat the chicken in the white sauce. Season well. Add the mushrooms and serve on toast. If fresh mushrooms are used, they must be prepared beforehand (see page 410).

RÉCHAUFFÉ

3 tablespoons butter or butter substitute	$\frac{1}{2}$ teaspoon pepper
3 tablespoons flour	1 can mushrooms
3 cups milk	2 cups ground meat
1 teaspoon salt	Toast

Make a white sauce from fat, flour, milk and seasonings. Add mushrooms, cut in quarters, and the ground meat. Cover and set over the flame until thoroughly heated. Do not boil, as mushrooms are toughened by boiling. Serve on slices of buttered toast, garnished with parsley. This recipe will serve six persons.

Remnants of cold veal, lamb, chicken or game may be used, or, if there is not enough of one kind of meat, a combination of veal and chicken, lamb or game.

STIRRED EGGS

$\frac{1}{2}$ cup milk	6 eggs
$\frac{1}{4}$ teaspoon salt	2 tablespoons butter or butter substitute
$\frac{1}{8}$ teaspoon pepper	
$\frac{1}{4}$ teaspoon paprika	

Beat the eggs well and add milk and seasoning. Melt the fat in the chafing-dish, add the eggs, and stir until the mixture is creamy. Serve on toast garnished with parsley. This recipe will serve six.

EGGS WITH CREAM

1 $\frac{1}{2}$ tablespoon butter or butter substitute	Seasoning
1 $\frac{1}{2}$ cup milk or thin cream	Grated cheese
6 eggs	Toast

Melt the butter or butter substitute, stir in the milk or cream, and when hot carefully slip in the eggs, taking care that none of the yolks are broken. Season with salt, pepper and cayenne to taste. When the whites are almost done, sprinkle with cheese, finish cooking and serve on six slices of toast. This recipe will serve six persons.

CHEESE SOUFFLÉ

1 tablespoon butter or butter substitute	1 cup milk
1 tablespoon flour	3 eggs
1 cup cheese	Seasoning

Melt the butter or butter substitute in the blazer and stir in the flour. When smooth, add the milk and the cheese cut in very small

pieces. Into this drop the yolks of the eggs and stir until the mixture thickens. Beat the whites of the eggs very stiff and fold lightly into the materials already in the chafing-dish. Put the blazer back over the hot-water pan, cover, and let steam for twenty minutes. Season with salt, pepper and paprika. This recipe will serve four to six persons.

BANANA SAUTÉ

1 tablespoon butter or butter substitute	Flour
3 bananas	Sugar
	3 to 6 slices sponge cake

Melt the butter or butter substitute in the blazer. Peel the bananas, cut in half lengthwise, roll lightly in flour and place in the hot fat. When well browned on one side, turn carefully and brown on the other. Sprinkle with sugar and serve on oblongs of sponge cake. This recipe will serve four to six.

LOBSTER À LA NEWBURG

2 tablespoons butter or butter substitute	1 pint milk
1 teaspoon flour	3 egg-yolks
1 boiled lobster or 1 can of lobster	Salt
	Cayenne

Place the butter in the blazer and stir it as it foams. Rub the flour smooth with the water, add this and the salt and pepper, then one-half of the milk, stirring all of the time and being careful that the flame is not too hot. Beat the yolks of the eggs until frothy, add the remainder of the milk and stir all into the chafing-dish. When the mass is of the consistency of cream, add the lobster, cut up coarsely, and, when thoroughly heated, serve.

If using the fresh fish, prepare as directed (see page 234). Remove the coral and creamy green fat and save them. Just before adding the lobster to the sauce, rub the coral and the fat together until a paste is formed, then stir this in. When quite mixed, add the lobster.

CASSEROLE COOKERY

The expression "en casserole" is frequently misunderstood, for the reason that the word casserole is used in two quite different ways by writers on domestic subjects. Properly speaking, a casserole is the coarse clay saucepan so common in France in which meats and vegetables are not only cooked, but served on the table. The other usage of the word casserole is intended to describe a case or mold, either of potato, rice or fried bread, inside of which is placed some preparation of meat or vegetables. The word casserole in this case really signifies a border or croustade and is therefore more or less misleading. This latter form of casserole will be found in the chapter on entrées.

The casserole should be chosen with consideration for the needs of the home. There are casseroles of every size, from the individual ramekin up to the largest size, which will hold a couple of chickens; of every shape—small ones with long handles, oval and round, shallow and deep ones; in many colors—blue, green, brown, yellow and mixtures; of a variety of materials—glass, vitrified china, earthenware, iron and aluminum.

Casseroles of different sizes, shapes and materials are a convenient addition to the cooking equipment. The glass casseroles are especially good for baking breads and cakes, the iron and aluminum for meat cookery, and the glass, earthenware, and china for vegetables, fruits, puddings, and left-overs. However, one good casserole will fill many needs, for one dish is not limited to any one kind of cooking.

Casseroles will last indefinitely if properly treated. It is wise to avoid a sudden and great change in temperature, such as occurs when a casserole is taken from a hot oven and placed in a wet sink. It is not advisable to set an earthenware casserole over a high flame without an asbestos mat under it. A gradual heating of a new casserole, by pouring cold water in and about it, and bringing it to the boiling-point, will temper it somewhat, and make it tougher.

The casserole saves washing dishes, for the food is brought to the table in the dish in which it is cooked. Frequently, also, it contains a "one-dish meal" which eliminates all but the one cooking and serving dish. It makes possible the use of left-overs in attractive, palatable, and appetizing ways, the cooking tender of tough meat, and an unlimited variety in the ways of preparing vegetables. Any vegetable may be boiled, steamed, baked, scalloped, or creamed in the casserole. Cabbage, cucumbers, eggplant, onions, peppers, potatoes, or tomatoes, may be stuffed and cooked in the casserole. Food may be kept warm and still attractive if the meal is delayed. Food cooked in this way requires little watching, and is not likely to burn. The casserole also retains the juices of the meats and vegetables cooked in it, a

valuable part of the food which is often lost when foods are boiled and the juices thrown away. The cover of the casserole should set well into the dish and make it practically airtight—a fact which should be borne in mind when the casserole is purchased.

A whole meal may be cooking in the oven in the casserole while cookies are being baked or the oven is being used for some other purpose. If the oven is very hot, set the casserole in a pan of water so that the food within will simmer, not boil. As this water becomes hot, add cool water to keep it at the desired temperature.

CHICKEN EN CASSEROLE

1 chicken	1 dozen potato balls
Olive oil, drippings or chicken fat	1 small carrot
1 pint brown stock	Several small onions
2 tablespoons butter or butter substitute	Salt
1 dozen button mushrooms	Pepper
	Paprika

Wash and separate the chicken, and sauté in a little olive oil, drippings, or chicken fat, until well browned on all sides. Place in a greased casserole, add rich brown stock, cover, and cook in a moderate oven for an hour or more, according to the size of the chicken.

Meantime, melt the butter or butter substitute in a saucepan and brown in this the mushrooms and potato balls, slices of carrot, and tiny onions. Add more broth if needed and turn in these sautéed vegetables. Season with salt, pepper, and paprika. Leave uncovered in the oven long enough for the chicken to brown before serving.

PIGEONS EN CASSEROLE

Pigeons or squabs	1 Spanish onion
Bacon	Veal broth or white stock
3 tablespoons butter or butter substitute	Vegetables
	Flour

Clean and wash young pigeons and tie a strip of bacon around each one, or lard the breasts if preferred. Place the butter or butter substitute in a casserole, slice a mild, Spanish onion over the fat, set the pigeons on the onion in the casserole, cover the casserole and set on the stove with an asbestos mat under the casserole to protect it from direct heat and to insure slow cooking. Cook on top of the stove for fifteen minutes. Add enough veal broth or white stock to half cover the pigeons and set in the oven to cook until tender. When nearly done, vegetables may be added. At serving-time thicken the liquor in the casserole by stirring into it flour mixed smooth in a little water, allowing one tablespoon of flour for each cup of liquid.

SIRLOIN STEAK EN CASSEROLE

3 tablespoons butter or butter substitute	Pepper
3 tablespoons flour	Turnip balls
2 cups stock	Carrot balls
Salt	Potato balls
Parsley	Small onions
	2 pounds of 1½-inch steak

Make a brown sauce of the fat, flour, stock and seasoning. Add balls of turnip, carrot, potato and onions, which have been previously cooked in a little brown stock until tender. For each person, allow a half-dozen little balls of each of these vegetables and two small onions. Keep this sauce hot while you pan-broil the steak until about half done, then transfer steak to heated casserole, pour vegetables and sauce over steak, cover, and place in oven until steak is sufficiently cooked. When ready to serve, sprinkle the steak with finely chopped parsley.

ROUND STEAK EN CASSEROLE

2 pounds steak	Onions
Carrots	2 cups stock
Potatoes	

Sear both sides of the steak sufficiently to prevent the juices from escaping. Place in a casserole, and add whatever vegetables are preferred—a usual choice is carrots, potatoes cut in balls, and small onions, peeled. Over all pour rich brown stock, or hot water and beef extract. Cover and cook slowly for about an hour. Add more stock if needed. The vegetables used in a casserole are best if browned in a little butter, butter substitute, or drippings, before being placed in the casserole.

CHOPPED BEEF EN CASSEROLE

2 pounds clod of beef	Beets
$\frac{2}{3}$ cup tomato catchup	Salt
$\frac{1}{3}$ teaspoon tabasco sauce	

Mix chopped beef with tomato catchup. Add tabasco sauce, using more if desired. Season well with salt. Place in casserole and bake slowly three hours, basting frequently with water and tabasco or Worcestershire sauce. A few strips of bacon across the top will add to the richness, and improve the flavor. Garnish with quartered beets.

TAMALE PIE

1 cup yellow corn-meal	2 cups ground beef
6 cups boiling water	2 cups tomatoes
1 teaspoon salt	2 pimientos
1 medium-sized onion	Cayenne
2 tablespoons fat	

Cook corn-meal, water, and salt, as for mush, for about thirty minutes. Chop onion and fry in fat till brown. Add meat and fry until red color disappears. Add tomatoes, pimientos, and cayenne. Line oiled casserole with mush, put meat mixture in center, cover with mush, and bake in a moderate oven.

TURBANS OF FISH EN CASSEROLE

Prepare slices of halibut, about the size of one's hand, with all bone and skin removed and sufficiently thin to roll easily. Trim all to uniform size, dip each in melted butter or butter substitute, squeeze over them lemon-juice and onion-juice, and sprinkle with salt. Beginning at the widest end, roll the slice of fish and secure with two toothpicks. Set the turban in a greased and heated casserole and pour in a little stock made by simmering the bones and trimmings of the halibut in a little water, together with a few slices each of carrot and onion. Cook in a moderate oven, basting occasionally. When done, drain off the liquid and thicken it with flour mixed with cold water. Return to the casserole, and reheat. Serve hot.

HUNGARIAN GOULASH

4 onions	12 small onions
2 pounds veal	1 cup carrot slices
Bacon fat	1 cup turnip slices
1½ pint brown stock	Salt
Pepper	Paprika
1 pint potato balls	

Slice the onion and cut the raw veal in cubes. Cook together in a little bacon fat, until brown. Transfer to casserole, pour over it the brown stock and season with pepper and paprika. Add more fat to that in the frying-pan and brown in this the potato balls, small onions, and slices of carrot and turnip. Add the vegetables and salt to the casserole when the meat is partly cooked. Finish the cooking, adding more stock if necessary. This dish should cook two hours. If the broth is too thin when ready to serve, thicken slightly with browned flour rubbed smooth in water.

LAMB EN CASSEROLE

6 slices of lamb	1 pint vegetable balls
2 tablespoons melted butter or butter substitute	12 small onions
2 cups brown stock	Seasoning

Cut thick slices from a leg of lamb and sear, browning both sides. Brush with melted butter or butter substitute and place in casserole with one-half to one cup of brown stock. Cook until tender, then add potato balls, carrot balls and onions, which have been previously cooked. Add more brown stock, salt, pepper and paprika.

PORK CHOPS EN CASSEROLE

6 pork chops	$\frac{1}{2}$ cup brown sugar
6 sweet potatoes	1 to 2 cups milk
Salt and pepper	

Place a layer of sweet potatoes, sliced cross-wise, in a greased casserole, dust with salt, pepper, and a little brown sugar; continue the layers until the casserole is about two-thirds full. Heat the milk and pour it over the potatoes; it should just cover them. Place the pork chops on top of the potatoes, cover and bake for an hour, then remove the cover and season with salt and pepper. Leave the cover off and cook until the chops are tender and nicely browned on top.

CALF'S LIVER EN CASSEROLE

One calf's liver	3 cups potato balls
6 slices bacon	1 pint brown stock
1 cup button mushrooms	

Wash a calf's liver thoroughly and wipe dry. Fry some bacon in a pan, remove, place the liver in the bacon fat, and sear each side thoroughly. Transfer to a casserole, add slices of bacon, brown stock, and sautéed mushrooms. Cook for one hour and a half, adding more stock if necessary. Just before serving add potato balls which have been fried in deep fat and drained.

CASSEROLE OF RICE AND LIVER

1 cup rice	2 cups stock
1 quart water	1 teaspoon caramel
2 tablespoons butter or butter substitute	2 tablespoons browned flour
1 pound lamb's or calf's liver	2 tablespoons fat
	Crums
	Salt and pepper

Boil the rice in the water and mash smooth with the butter or butter substitute, and salt and pepper to taste. Line a well-greased casserole

with the mixture, pressing the paste firmly against bottom and sides, and leaving a large hollow in the center. Set in a cold place until firm. Meanwhile boil the liver, drain, chop fine and season with salt. Heat the soup stock, seasoned with caramel (see page 38). Make a brown sauce with the fat, browned flour and soup stock, and add the minced liver. Fill the hollow in the center of the rice with the liver mixture, sprinkle with crumbs and brown in the oven.

RICE EN CASSEROLE

2 cups chopped cold meat	2 tablespoons butter or butter substitute
3 eggs	
$\frac{1}{3}$ cup milk	2 tablespoons tomato catchup
2 cups boiled rice	Salt
Celery-salt	

Season the meat and pile it in the center of an oiled casserole. Mix the eggs, milk, rice, butter or butter substitute, and seasonings. Pour over the meat, cover, and bake for twenty minutes.

SPANISH RICE

$\frac{3}{4}$ cup rice	$\frac{1}{2}$ cup chopped green pepper or pimientos
2 tablespoons fat	Salt
5 cups water	Pepper
2 onions	Paprika
2 cups tomatoes	

Fry the rice in the fat until brown, then add water and boil until soft. Drain. Sauté the onions in a little fat; mix with tomatoes and chopped peppers or pimientos, and add to the rice. Add seasoning, and place in a greased casserole. Bake for thirty minutes.

RICE À LA CREOLE

1 cup chopped boiled or raw ham	2 cups fine soft crumbs
1 onion	2 tablespoons butter or butter substitute or other fat
1 cup boiled rice	Celery-salt
1 can tomatoes	Pepper and salt

Mix ingredients in the order given. Bake in a greased casserole for one-half hour. This dish makes a good one-dish meal.

SCALLOPED CODFISH AND RICE

$\frac{3}{4}$ cup rice	2 tablespoons flour
1 $\frac{1}{2}$ cup codfish	1 $\frac{1}{2}$ cup milk
2 tablespoons butter or butter substitute	4 tablespoons buttered bread-crumbs

Cook the rice in boiling salted water until tender, and drain. Soak the codfish over night or put in cold water and bring to the boiling-point. Drain, and flake codfish. Make white sauce of fat, flour and milk. Spread rice, codfish, and white sauce in layers in a buttered baking-dish, cover with buttered crumbs, and bake about twenty minutes in a moderate oven.

SPAGHETTI, SPANISH MICHEL

2 cups spaghetti	1 onion
1 quart tomatoes, fresh	1 green pepper
or canned	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup boiled ham	$\frac{1}{2}$ teaspoon salt

Break the spaghetti into inch pieces. Cook in one quart boiling water until tender, add the tomatoes, and cook fifteen minutes longer. Remove the fat from the ham and try it out. Dice onions and green pepper, and fry slowly in this fat until tender. Chop the ham and add it with the onion, green pepper and seasoning to the spaghetti and tomatoes. Put in casserole and bake fifteen minutes.

SCALLOPED HAM AND POTATOES

6 potatoes	1 green pepper (may be
1 pound raw smoked ham	omitted)
3 cups milk (or more)	Flour

Cover the bottom of an oiled baking-dish with sliced, raw potatoes. Sprinkle with flour and inch-square pieces of ham. Repeat until the dish is full. Pour in as much milk as the dish will hold. Bake until the potatoes are tender. The chopped green pepper adds to the flavor.

SUMMER CASSEROLE

6 hard-cooked eggs	2 teaspoons salt
3 ripe tomatoes	$1\frac{1}{2}$ cup milk
3 tablespoons butter or	$\frac{1}{2}$ cup grated cheese
butter substitute	Oiled crumbs
3 tablespoons flour	

Cut hard-cooked eggs in half and arrange around the edge of a greased casserole or baking-dish. Slice peeled ripe tomatoes in the center of the dish. Make a white sauce of the milk, fat and flour. Add cheese, and stir over a very low fire until the cheese is well mixed and smooth. Pour over tomatoes and eggs. Cover with oiled crumbs and bake twenty minutes in a moderate oven.

The centers of the tomatoes may be scooped out, and a whole egg placed in each, if desired.

BANANAS EN CASSEROLE

6 small bananas	1 cup boiling water
1 glass currant or grape jelly	1 lemon

Peel the bananas. Remove the coarse threads and divide in quarters, cutting first crosswise and then lengthwise. Place in a greased casserole and pour over them a sauce made by melting the currant or grape jelly in the boiling water, and mixing with it the juice of a lemon. Cover the casserole and bake until the bananas are tender. The cover may be removed at the last moment and the bananas sprinkled with granulated sugar and allowed to brown slightly. Serve as an entrée with game, mutton, or beef.

SWEET POTATOES EN CASSEROLE

Sweet potatoes	Brown sugar	Butter or butter substitute
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Parboil medium-sized sweet potatoes, and when a little soft, cut in halves, lengthwise, and drain thoroughly. Melt butter or butter substitute in casserole. Put in a layer of sweet potatoes and sprinkle them with brown sugar. Place another layer of potatoes over the first, dot with butter or butter substitute, and sprinkle with sugar and a little salt. If this does not fill the dish, put in a third layer of potatoes. Cover the casserole, and place in a moderate oven until tender. If they seem dry, pour over them a little boiling water in which a tablespoon of butter or butter substitute and a little sugar have been melted. There should be a little sirup in the bottom of the dish when the potatoes are served. Marshmallows may be laid on top and browned just before serving. Cinnamon may be added, if desired.

AU GRATIN DISHES EN CASSEROLE

Au gratin dishes, many of which are given in this book, are particularly adapted to the casserole. The mixtures of chicken, sweet-breads, fish, macaroni and vegetables may be entirely prepared before placing in the casserole, and transferred to it, topped with oiled crumbs, and cheese and placed in a hot oven until the crumbs brown. Serve from the casserole.

THE FIRELESS COOKER

A fireless cooker is a thoroughly insulated receptacle in which food can be cooked by heat retained in the food from previous heating and by heat retained in heated stones or disks called radiators, which are placed in the fireless cooker above and beneath the food to be cooked.

How Does a Fireless Cooker Cook?

Food to be cooked in a fireless cooker is first thoroughly heated; it is then placed in the cooker either with or without a heated stone or radiator, and the stored heat is locked up and utilized for cooking instead of being allowed to escape.

The principle underlying fireless cooking is the maintenance, for a certain period of time, of a fairly constant temperature, high or low, by surrounding the compartment in which the food is placed with material which tends to prevent the passage of heat. Materials which may be used for this purpose are called insulators.

Why Use a Fireless Cooker?

Saves time—Other occupations either in the household or outside it may be carried on while the food is cooking.

Saves fuel—Foods requiring long cooking, however cheap they may be in the market, become expensive in fuel consumption; the fireless cooker saves this.

Prepares some foods better—Some foods, especially cereals, are better prepared by cooking in the fireless cooker than by any other method. **There is no danger of scorched food.**

Keeps food hot—Food may be kept hot for members of the family who are late to meals. When a gas, oil or electric stove of limited cooking surface is used, the fireless cooker may supplement this by keeping hot some food prepared in advance of the rest, as well as by the actual cooking of food.

Keeps the kitchen cool—A fireless cooker does not heat up the kitchen on hot summer days.

Use of Radiators in Fireless Cooking

All fireless cookers now are equipped with hot plates or radiators. For some processes, they are not necessary; but their use makes a baking temperature possible, and also prolongs the time for which a lower cooking temperature can be maintained. The plates are

usually made of soapstone or steatite; iron is used occasionally. For baking, there are various kinds of racks on which to rest the plates, one plate usually being placed below and one above the food to be baked.

The more thorough cooking and occasionally the better flavor produced by the use of a radiator seem to justify the use of the small amount of fuel required to heat it. Foods prepared on a radiator do not need reheating even after as long a period as eight hours in the cooker.

To test heat—Radiator or oven thermometers may be used to test the heat of the radiator. If no thermometer is available, the radiator may be heated just to the point where a drop of water will sizzle when dropped on it. Another test for a properly heated radiator is that white paper placed upon it will brown to straw color in five minutes. These tests indicate temperatures for ordinary cooking processes.

A word of caution—Great care should be taken not to use an overheated radiator in a home-made fireless cooker unless a non-inflammable insulating material, such as mineral wool or powdered asbestos, is used.

Care of a Fireless Cooker

The interior of the fireless cooker should be kept absolutely clean. It should be washed, dried, and sunned if possible, each time after being used. It should remain open several hours after use, and it should never be tightly closed when not in use. The observance of these precautions prevents the food from acquiring an unpleasant taste from odors or remnants of food previously cooked.

When in use, the cooker should be placed near the stove, both to prevent unnecessary loss of heat in transferring the food from the stove to the cooker and to save labor on the part of the worker.

The soapstone radiators, when not in use, may be kept warm on the back of the stove or in the sun, in order to reduce the length of time required to bring them to the desired temperature when they are needed. For convenience, all equipment to be used in connection with the cooker, such as hot plates, hooks, racks, and cooking utensils, should be kept near the cooker. A shelf, cupboard, or an improvised cabinet made from a box may serve as a convenient storage place.

Cooking Utensils

The utensils used for food containers should be durable and free from crevices and seams where particles of food and harmful micro-organisms may lodge. Seamless aluminum is usually used for this purpose. Each utensil should be supplied with a tight-fitting cover that can be clamped down. With the three parts of triplex utensils, three different foods may be cooked at the same time, over one radiator.

A Whole Meal in the Fireless

The whole meal—or practically all of it—can be set to cook in the fireless cooker, if dishes that require about the same temperature of radiator and, if possible, the same length of time to cook are chosen. Comparatively few foods suffer if left in the cooker overtime.

A soup, veal cutlet, mashed potatoes, carrots, rice pudding, might be prepared in a two-compartment cooker. The veal cutlets and rice pudding are cooked in one side of the cooker; the soup, potatoes and carrots in the other side.

For veal cutlets and rice pudding, use the double utensils with two radiators. For the soup, potatoes, and carrots use the triplicate utensils with one radiator.

As another example, it is possible to prepare a boiled dinner in one side of the cooker, a steamed pudding in the other. These, with a salad, make an easily prepared, well-balanced meal.

Another of the numerous possible combinations would be a boiled ham in one side of the cooker and soup, sweet potatoes and asparagus in the triplicate pails in the other side. A fruit or gelatin dessert could have been prepared early in the morning.

Correct Proportions in Recipes

Care should be given to correct proportions in recipes, because there is no opportunity for the evaporation of excess moisture in the cooker. Moist foods require from one-sixth to one-quarter less moisture if prepared in the fireless cooker than if cooked on a stove.

Cereals

The delightful flavors developed in cereals by long, slow cooking in the fireless can hardly be duplicated in any other way. Proportions of cereal and water, time of cooking and temperature of radiator for cooking different cereals are given in the accompanying time-table.

Soups

To cook soups in the fireless cooker, allow them to boil slowly on the stove for ten minutes and then remove them to the fireless cooker, where they may remain from four to eight hours. One radiator heated to 350° F. is used in the bottom of the compartment. Use from one-sixth to one-quarter less liquid for cooking in the fireless cooker.

Meats, Fish and Poultry

Meats cooked in the fireless can hardly be made anything but delicious. The cheapest cuts respond to treatment and come forth juicy and tender. The accompanying time-table gives time of

cooking, and temperature of radiators for meat and poultry. When liquid is used in recipes, decrease it from one-sixth to one-quarter for preparing in fireless cooker.

Fruits and Vegetables

The fireless cooker is an excellent means of cooking dried fruits and vegetables which are best when cooked slowly for a long time at a temperature below the boiling-point. All such fruits and vegetables require a preliminary soaking, as for ordinary cooking. Fresh fruits and vegetables may also be cooked. The accompanying time-table gives time for cooking vegetables in the fireless cooker. Liquid in recipes should be decreased from one-sixth to one-quarter for use in the fireless cooker.

Steamed Breads and Puddings

Steamed breads and puddings are well adapted to the fireless cooker method, because of the saving of time and fuel, and because they do not require watching. Decrease liquid in recipes one-sixth to one-quarter for use in fireless cooker.

Frozen Desserts

Frozen mixtures may be kept in the fireless cooker for several hours without melting; or a frozen mixture that does not require stirring may be surrounded with ice and salt and placed in the food compartment to freeze. Proper insulation tends to prevent the passage of heat from either the inside or the outside of the cooker. A well-insulated cooker maintains at the same time a high temperature in one compartment and a low temperature in another.

Baking

Baking in the fireless cooker is not to be generally advocated except for baked beans and baked dishes such as casseroles. At least ten minutes is required for heating each of the two radiators used for baking, and when the baking process is to be a short one there is probably little saving of fuel by the fireless-cooker method. When the baking process requires an hour or longer, there is doubtless a considerable saving of fuel in using the fireless cooker. This saving is even greater when the large amount of heat lost by radiation from most baking ovens is considered.

There are occasions when, aside from the fuel-saving question, the fireless cooker may be recommended for certain types of baking because it does not require constant watching and gives freedom for other work while the baking is going on.

Certain foods, however, including those which should have a dry, crisp, or mealy texture, are not adapted to baking in a fireless cooker because of the condensation of steam.

Radiators that have been used for one or two hours for baking are still sufficiently hot to be used for cooking dried fruits or cereals, which should be ready to place on them as soon as the baked food is removed. Sponge or angel-food cakes, and apple, pumpkin or mince pies are best suited to fireless-cooker baking.

Canning

Only tender fruits with a high content of acid can be canned in the fireless cooker. This method should never be used for vegetables or tough, non-acid fruits. Raspberries, plums and peaches can be canned successfully in the fireless cooker.

Prepare the fruit for canning, and pack it rather closely into clean jars which have been boiled for at least fifteen minutes. Adjust the rubbers and completely fill the jars with sirup. Adjust the hot covers and seal the jars immediately. Place the jars in the fireless-cooker kettle, which should be warmed previously to prevent the jars from breaking, and entirely cover them with boiling water. Cover the kettle at once, and set it away in the cooker overnight. Vegetables can not be canned in the fireless cooker. The juices of fruits may be extracted satisfactorily for jellymaking in the fireless cooker; various conditions, however, determine the impracticability of its use for this purpose.

CREOLE CHICKEN

1 medium-sized fowl	1 teaspoon salt
1 tablespoon fat	2 cups tomato
2 tablespoons chopped onion	$\frac{1}{2}$ cup okra
$\frac{1}{2}$ cup chopped sweet pepper	2 cups rice
	1 $\frac{1}{2}$ cup boiling water

Dress the fowl and cut into joints. Melt the fat, add onion and pepper. Cook for a few minutes to develop flavor. Then add salt, tomato, and okra and simmer for ten minutes. Place layers of the chicken, vegetable mixture, and rice in cooking vessel until all is used. Pour over this the boiling water. Simmer for one-half hour and put in fireless cooker for three hours on a heated radiator. Additional seasoning of parsley and bay-leaf may be used.

BOILED DINNER

2 to 3 pounds corned beef	6 medium potatoes
6 small carrots	3 sliced turnips
2 pounds cabbage	

TIME-TABLE FOR USE WITH A FIRELESS COOKER

<i>Cereals</i>	<i>Proportion of food to water</i>	<i>Minutes for boiling on the stove</i>	<i>Hours in the cooker on heated radiator</i>	<i>Temper- ature of radiator*</i>
Corn-meal	1 to 6	10	6 or all night	400° F.
Cracked wheat	1 to 5	10	6 or all night	400° F.
Hominy grits	1 to 5	10	6 or all night	400° F.
Macaroni	1 to 4	5	1	400° F.
Rice	1 to 4	5	1	400° F.
Rolled oats	1 to 3	5	3 or all night	400° F.

Vegetables

Beans, dried (soaked and cooked in the same water)	1 to 4	5	6	450° F.
Beans, string	1 to 1	2	1	400° F.
Carrots (mature)	1 to 1	2	1	450° F.
Potatoes	1 to 1	2	1	450° F.

Meats

Beef, boiled	15	3	500° F.
Beef, pot roast	30	4	500° F.
Chicken, stewed	30	3	500° F.
Ham, boiled (4 to 5 pounds)	20	3	500° F.
Mutton leg or shoulder, boiled	20	4	500° F.
Mutton stew	10	4	500° F.

Baking

Brown bread	2	450° F.
Baked puddings	1	400° F.
Marmalade	5 4	400° F.
Cake, sponge, angel	1	375° F.
Pie, apple, pumpkin, custard, squash †	1	450° F.

*Roasts or baked products should be placed between two radiators which are heated to the same degree.

† Berry pies and others requiring short baking are not advised for the fireless cooker.

WITHOUT RADIATOR

<i>Dried Fruits</i>	<i>Proportion of food to water</i>	<i>Minutes for boiling on the stove</i>	<i>Hours in the cooker with- out radiator</i>
Apples	1 to 2	2	4 or all night
Apricots	1 to 2	2	4 or all night
Peaches	1 to 2	2	4 or all night
Prunes (soaked and cooked in the same water)	1 to 2	5	4 or all night

Place the beef in the vessel of the fireless cooker and cover with cold water. Bring to the boiling-point, skim and place in the fireless cooker on a heated radiator for two hours. Add the vegetables and boil on the stove for five minutes, then without removing the cover place in the cooker on a heated radiator for about one hour.

SWISS STEAK

2 pounds round steak	1 small onion
2 inches thick	1 can tomatoes
2 tablespoons flour	1 can peas
2 tablespoons drippings or butter substitute	1 green pepper

Mince the onion and brown in the fat. Pound the flour into the steak with a mallet or edge of a dish. Add the meat to the fat and season with salt and pepper. When well browned, add the tomatoes, the peas from which the liquor has been drained, and the green pepper cut in small pieces. Place in the cooker with two radiators, heated to 450° F., for two hours. Fresh vegetables may be used instead of canned.

CHICKEN FRICASSEE

Cut the fowl in pieces and sear each piece in a little hot fat in a frying-pan. Place the chicken, with a quart of boiling water, in the vessel of the cooker, cover closely, boil for ten minutes and set in the cooker for three or four hours.

Add cream or milk and thicken the liquid, allowing two tablespoons of flour to each cup of liquid. Serve with boiled rice placed around the chicken.

BEEF À LA MODE

4 to 5 pounds round beef	½ teaspoon cloves
1 cup dilute vinegar	½ teaspoon pepper
Salt pork	½ teaspoon mustard
1 onion	Mixed herbs
2 teaspoons salt	Flour

Wipe and trim beef cut from the round. Let stand in the vinegar for several hours, turning frequently. Lard with strips of salt pork and brown in hot fat. Remove the beef and fat to the vessel used in the fireless cooker and add enough boiling water almost to cover the meat. Boil for twenty minutes in the vessel of the fireless cooker, add onion, salt, spices, and a small bag of mixed herbs, and place in the fireless cooker for four or five hours. When ready to serve, thicken the water in the vessel with flour, for gravy, using two tablespoons of

flour to one cup of liquid. Boil this for three minutes over the fire, strain, pour over the meat and garnish the platter with vegetables cut in fancy shapes.

BAKED BEANS

1 quart dried beans
 $\frac{1}{2}$ pound salt pork
 Water

Salt
 Pepper
 3 tablespoons molasses

Soak the beans overnight. In the morning bring them to a boil, drain and place in the vessel of the cooker with the salt pork. Gash the rind of the pork several times and cover the whole with boiling water. Boil for ten minutes and then without removing the cover place in the fireless cooker for about five hours. Use two radiators. Remove the beans to a baking-dish, put a well-shaped piece of the pork in the center and season with salt, pepper, and molasses. Place in the cooker again or in the oven until the pork is thoroughly cooked and beans tender, which will take several hours. Serve either hot or cold.

RICE PILAF (Oriental)

1 cup rice
 2 slices onion
 2 tablespoons butter or
 butter substitute
 6 ripe tomatoes or
 1 cup canned tomato-juice

2 cups stock
 1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
 1 teaspoon sugar
 1 tablespoon chopped green
 pepper

Look over and wash the rice. Chop the onion very fine and cook in fat until yellow. Add boiling tomato-juice and broth, and add rice gradually so as not to stop the boiling. Add seasonings. Boil five minutes and place in the cooker for one hour. Stir with a fork to mix evenly. Pilaf is injured by over-cooking.

THE PRESSURE COOKER

A pressure cooker is a steam-tight kettle. Steam is generated from water heated in the bottom of the kettle, and as it can not escape, it creates pressure. Steam under pressure has a higher temperature than boiling water and this temperature increases as the pressure increases. Steam under ten pounds of pressure has a temperature of 240° Fahrenheit.

Pressure cookers are made of high-grade metal and are put together by riveting, soldering and molding in such a way that steam can not escape through joints or seams. Packing is placed around the groove of the outer rim of the cover, which is held on with clamps, and the cooker is thus made steam-tight.

A brass petcock is screwed into the cover of the cooker, which provides for the escape of air and for the free circulation and regulation of steam in the cooker.

A dial gage is provided in the cover. The needle of this gage moves as the pressure changes in the cooker, so that the number of pounds of pressure is always shown on the gage. A safety-valve is attached, which can be so adjusted that the pressure inside the cooker can be automatically regulated.

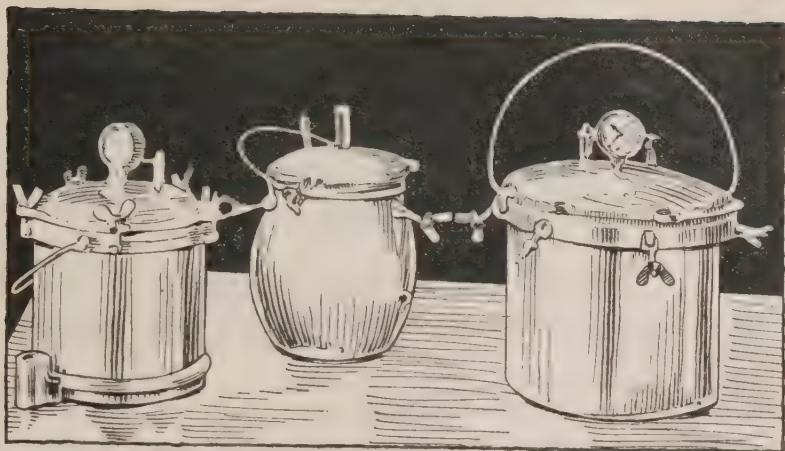
Value of a Steam Pressure Cooker

Less time for cooking—Whatever food is inside the pressure cooker is subjected to moist heat at a high temperature and cooks in much less time than it would at an ordinary temperature in an ordinary kettle. This fact has advantages for the housekeeper who has to meet emergencies in hasty preparation of meals.

Cereals may be deliciously cooked in twenty minutes in the pressure cooker, as compared with three hours of cooking on the stove. Beans may be well cooked in forty minutes instead of requiring five or six hours of cooking on the stove. A steamed pudding placed in the pressure cooker is ready to serve after being cooked for thirty minutes under ten pounds of pressure. Three hours would be required to accomplish this in any other way.

Even beef neck or flank, which would require from three to five hours of cooking on the stove, may be cooked in forty minutes in the pressure cooker.

Less fuel used—In most pressure cookers, only a short period of time is required to attain ten pounds of pressure. A low fire will maintain the pressure throughout the cooking process.



Pressure cookers are made in various shapes and used with cooking equipment of different kinds. The one on the left works by electricity. The others are used on top of a stove.



A pressure cooker helps to conquer many difficulties. Meat long past its youth becomes tender and palatable in an incredibly short time when cooked in the pressure cooker.

Micro-organisms killed—Micro-organisms that cause spoilage in canned foods are killed at the high temperature made possible by the use of steam under pressure.

Thorough cooking—The combination of high temperature and moist heat attained by the pressure cooker is probably more effective than any other method of cooking for making certain foods digestible and tender. Cereals, with their large proportion of cellulose, and meats with tough fiber are among such foods.

How to Use a Pressure Cooker

The following directions should be observed in using the steam pressure cooker:

Height of water—Never allow the water in the cooker to come above the rack on which the food is placed.

Petcock—Leave the petcock on the cooker open until the steam has forced out the dead air and excess moisture. A jet of steam indicates this. The petcock should be closed while the food is cooking.

Pressure—After closing the petcock, bring the pressure up to the desired amount slowly and hold it at that point steadily during the entire cooking.

Opening the cooker—When the cooking is finished, remove the cooker from the stove, allow the pressure indicator to run down to zero and to remain there a few minutes before opening the petcock. Open the petcock very gradually, allowing the steam to escape gently, with no force. When no further steam escapes from the petcock, release the clamps and remove the food.

Directions for Cooking Under Pressure

The pressure cooker is a steam cooker. Anything that is ordinarily boiled or steamed may be cooked in it, but it is not possible to use it for baking or frying.

Dishes like Boston baked beans, roast chicken, and other roast meats, which take long periods of time, may be cooked until thoroughly done in the pressure cooker and then browned in the oven.

Steamed Breads and Puddings

Steamed breads and puddings are among the most satisfactory foods cooked in the pressure cooker. As there is little loss of moisture in the ordinary method of steaming, recipes for steamed foods do not require change for use in the pressure cooker.

Steamed breads or puddings should be placed in molds large enough to allow ample room for expansion; the molds should never be more than two-thirds full. Molds of the variety known as "Turk's head,"

with a tube through the center, are best for steaming, because the passage of steam through the tube insures the thorough cooking of the center of the product. The mold should be tightly covered. If no other cover is available, oiled paper securely tied over the top of the pan may be made to answer the purpose. The mold should be placed on a rack high enough to prevent the water in the bottom of the cooker from boiling over the top of the pudding.

The pressure should be brought up to the required ten pounds very slowly, at least fifteen minutes being taken to reach that point. Otherwise, the pudding may be very hard and compact, since the outer surface is cooked before the inside has expanded. Thirty minutes under ten pounds of pressure is usually a sufficient period of time for the cooking. The time will vary, however, with the size of the pudding.

Cereals

Cereal products such as rolled oats, cracked wheat, hominy, and rice give excellent results when cooked in the pressure cooker, which bursts the starch granules and softens the fiber of the cereal and the starch thoroughly, giving a rich, nutty flavor to the cereal as well as increasing its digestibility. The proportion of water to cereal should be lessened about one-fourth when the cereal is to be prepared in the pressure cooker.

Meats, Legumes and Soups

Steam pressure cookers are both useful and efficient in the cooking of meats, legumes and soups. The nutriment stored up in the tough, and consequently cheap, cuts of meat, in soup bones, and in beans and other legumes, often is not made use of as it might be, because of the length of time required for cooking. The pressure cooker accomplishes in thirty to fifty minutes results that can be obtained only with four to five hours of cooking on the stove.

Beans and Peas

Soy beans, split peas, and navy beans are excellent cooked in the pressure cooker. They are prepared in the proportion of one cup of beans to four cups of water.

Canning

Canning in the pressure cooker is particularly advised for meats and vegetables, as the higher temperature made possible by steam under pressure is more effective in destroying micro-organisms than is the temperature of boiling water. Products canned by this method need only one short period of sterilization, which recommends the method for a saving of time and fuel as well as for a possible saving of the product. (See chapter on canning.)

Meals in the Pressure Cooker

Whole meals may be cooked in the pressure cooker providing foods are chosen which require about the same length of time for cooking.

TIME-TABLE FOR COOKING IN THE PRESSURE COOKER

	Pounds Pressure	Number minutes		Pounds Pressure	Number minutes
Bread and puddings, steamed.....	10.....	30	<i>Meat (continued)</i>		
<i>Vegetables</i>			Beef—pot roast—4 pounds.....	10.....	45
Beans—Navy (soaked) 10.....	40		Boiled—4 pounds (corned or fresh) 10.....	60	
Lima 10.....	30		Heart 10.....	60	
Peas—dry, soaked 10.....	40		Tongue 10.....	45	
Pumpkin, cut up..... 10.....	40		Mutton—Leg 10...	50-60	
Squash (winter), cut up 10.....	40		Stew 10.....	45	
Turnips, old, cut up.... 10.....	40		Boiled — 4 pounds... 10.....	50	
<i>Meat</i>			<i>Poultry</i> —Fowl..... 10...	50-60	
Pork—4 pounds 10.....	50		Fricassee 10...	50-60	
Ham—4 pounds (soaked in cold water)..... 10.....	60		<i>Soup</i> —Beef 10.....	30	
			Split pea or bean.. 10.....	40	

FRENCH RECIPES

During the war, 1914-1918, The Butterick Publishing Company, through *Le Miroir des Modes*, the French edition of THE DELINEATOR, secured many excellent recipes directly from French kitchens. The following have been selected for the benefit of those who may be interested in trying some real French dishes.

PLAIN SOUP

6 tablespoons rice	1 large onion
Boiling water	2 sprigs watercress
$\frac{1}{2}$ teaspoon salt	1 tablespoon butter or butter substitute
1 medium-sized carrot	2 cups milk
4 medium-sized turnips	
2 large potatoes	

Wash the rice and add to rapidly boiling salted water. Clean and pare the vegetables, cut them in small pieces and add to the rice. Boil together for five or ten minutes, adding more water if necessary, then cover the pan and simmer the mixture gently until it is well cooked, and the water is reduced. Add the butter or butter substitute and milk and serve very hot.

GREEN SOUP

2 bunches watercress	2 slices bread
2 diced potatoes	2 tablespoons butter or butter substitute
2 hard-cooked egg-yolks	

Cook the watercress until almost done, then add potatoes and cook until they are soft. Press through a sieve and add the purée to the water in which it was cooked. Brown the bread slightly in one tablespoon of the butter or butter substitute, and cut into small cubes. Add the minced egg-yolks and the remaining tablespoon of butter or butter substitute to the soup, season to taste, add the cubes of bread and serve hot.

ECONOMICAL VEGETABLE SOUP

Cut equal quantities of any left-over vegetables, such as carrots, turnips, green peppers, potatoes, celery, string beans, into small pieces. Brown them in a frying-pan with some butter or butter substitute, add enough hot water to cover, season with salt and pepper, and cook until tender. Drain, press through a sieve and return the

pulp to the water in which the vegetables were boiled. Serve hot with small squares of toasted bread. Canned vegetables may be used.

CODFISH WITH BROWN SAUCE

2 cups salt codfish	1 clove chopped garlic
6 tablespoons cooking-oil	1 tablespoon chopped parsley
3 tablespoons flour	Few grains nutmeg
1½ cup water	¼ teaspoon paprika

Soak codfish in cold water overnight. Drain and fry in oil until slightly browned. Add flour and brown. Add water and seasonings, and cook slowly for fifteen minutes. Serve fish on platter surrounded by border of rice or potatoes.

CODFISH A LA BÉNÉDICTINE

1 pound fresh codfish	Butter or butter substitute
4 medium-sized sweet potatoes	Juice of 1 lemon
Salt	1 cup cream or milk
Pepper	Bread-crumbs

Boil the codfish, drain it and keep it warm.

Pare the sweet potatoes, cook them in salted water or steam them and let them dry, then mash and add a pinch of pepper, about two tablespoons of butter or butter substitute, the juice of half a lemon, and one cup of cream or milk.

Skin the fish and remove the bones. Pound it rather fine; add a tablespoon of butter or butter substitute and the juice of half a lemon. Mix the hot mashed potatoes with this. Add more milk or cream, so as to make a rough dough. Grease a baking-dish, and put the dough into it. Cover the top with bread-crumbs and melted butter or butter substitute. Put small dots of butter or butter substitute here and there on the top and bake in the oven for twenty minutes. Serve in the dish in which it was cooked.

CODFISH, BRANDADE STYLE

1 pound salt codfish	1 cup milk
1 diced potato	Salt and pepper
2 tablespoons olive-oil	3 tablespoons lemon-juice

Soak the codfish overnight, then put it in a saucepan of cold water, add the potato and cook on a quick fire. When it is on the point of boiling, remove it to the edge of the stove and cook on a slow fire, stirring constantly with a wooden spoon. Add the oil, drop by drop, and the milk. When it thickens it has been cooked long enough. Add the salt, pepper and lemon-juice, and serve hot.

CRAB A LA CREOLE

- | | |
|---|---|
| 12 small live hard-shell crabs or $\frac{1}{2}$ pound crab-meat | 4 tablespoons butter or butter substitute |
| 3 tablespoons lemon-juice | 1 teaspoon salt |
| 2 red peppers | $\frac{1}{8}$ teaspoon pepper |

Boil the crabs twenty minutes; open and clean them (see page 238) and reserve the yellow fat. Pour the lemon-juice over the crab-meat. Melt the butter or butter substitute and crab fat in a frying-pan and add the crab-meat, seasoning with chopped peppers. Cook for twenty minutes.

CRABS WITH RICE

- | | |
|---------------------|--|
| 15 small crabs | 1 tablespoon butter or butter substitute |
| 1 cup rice | Salt and pepper |
| 2 or 3 small onions | |
| 2 small carrots | |

Clean the crabs. Cut off and crush the legs, and cook in boiling salted water for about an hour. Strain the juice and pour it over the rice. Let stand for about half an hour and then cook until rice is tender. Cook the chopped onion and carrots in the butter or butter substitute until slightly browned and then add the crab-meat. Season with salt and pepper, add the rice and cook together for several minutes. Serve hot.

This is an old provincial recipe and has a particularly delicious taste that makes it a favorite.

SALMON A LA MORNAY

- | | |
|--------------------------------|--------------------------|
| 4 cooked potatoes | 1 cup medium white sauce |
| $\frac{1}{2}$ cup Swiss cheese | 2 cups boiled salmon or |
| 1 egg-yolk | 1 can salmon |
| Buttered crumbs | |

Mash the potatoes and line a greased baking-dish with them. Add the cheese and egg-yolk to the white sauce and pour half of it over the potatoes. Add the fish and cover it with the remaining sauce and buttered bread-crumbs. Bake in the oven for twenty minutes.

FISH FRITTERS

- | | |
|-----------------------|-----------------|
| 1 pound of small fish | Salt and pepper |
| 3 eggs | Minced garlic |
| 3 tablespoons flour | Minced parsley |

Cook the fish and mash them. Beat the yolks of the eggs until light and thick then add, little by little, the flour, salt, pepper, the

minced garlic and parsley, and the fish. Lastly add the whites of the eggs beaten to a froth. Pour spoonfuls of this mixture into hot fat and fry to a golden brown.

CREOLE FISH

1½ pound fish	Salt and pepper
1 lemon	½ cup tomato-juice
1 teaspoon butter or butter substitute	Grated lemon-rind
1 teaspoon oil or drippings	1 small pimiento
Finely chopped onion	6 tablespoons rice

Select a fish with firm flesh, clean the skin and rub well with a slice of lemon. Melt the fat, add the onion and the fish and cook to a golden brown. Season with salt and pepper, add the tomato-juice, a bit of lemon-rind, and the pimiento finely cut. While the fish is cooking, cook the rice in boiling salted water until tender. Make a crown of rice on a platter, place the fish in the center, pour the gravy over it, and garnish with thin slices of lemon.

FISH LOAF

2 cups cooked fish or	2 eggs
1 can fish	1 cup thick white sauce
1 teaspoon salt	

Drain the fish and tear into small bits. Add the salt, the beaten egg-yolks, the white sauce, and the beaten egg whites. Pour into a greased baking-dish and bake for twenty or thirty minutes.

FISH EN COQUILLES

1 cup left-over fish	1 chopped onion
8 mussels or clams	Salt and pepper
½ cup bread-crumbs	3 tablespoons butter or butter substitute
10 tablespoons milk	Buttered crumbs
1 clove garlic	
1 teaspoon chopped parsley	

Chop the fish with the mussels or clams. Add the crumbs which have been soaked in two tablespoons of milk, and the garlic, parsley, onions, salt and pepper. Melt the butter or butter substitute, and when hot add the mixture and cook several minutes. Stir in one-half cup of milk and fill small ramekins or scallop shells. Cover with buttered crumbs and bake about fifteen minutes. Serve the dishes on a platter or on individual plates.

SAUSAGE WITH PEAS

8 pork sausages	$\frac{1}{2}$ cup peas
1 tablespoon flour	4 eggs
$\frac{1}{2}$ cup water	

Cut the sausages in pieces about an inch long, and brown them in the frying-pan. When well browned, remove from the pan, pour off all the fat except one tablespoon, add to it the flour, and when browned, add the water. When the sauce is thick, put in the pieces of sausage, the peas, and beaten eggs. Pour into a baking-dish and bake in a slow oven until the eggs are set.

PORK-LIVER LOAF**For a Large Family**

2 pounds pork liver	2 eggs
2 onions	3 tablespoons flour
Parsley	Salt and pepper
2 cups milk	Nutmeg

Chop the liver, onions and parsley together until they are minced very fine. Add the milk and eggs, flour and seasonings. Mix well, shape into a loaf, place in a baking-pan and bake in a slow oven. A loaf of this size should bake at least an hour.

PORK LIVER WITH RICE

1 pound pork liver	2 or 3 sliced carrots
$\frac{1}{4}$ pound sliced bacon	2 sliced onions
$\frac{1}{2}$ cup rice	Salt and pepper
3 tablespoons chopped parsley	

Fry the liver with the bacon until brown, then add the rice which has been soaked in water for one-half hour. Cover with hot water or stock, add the parsley, carrots and onions, salt and pepper. Simmer slowly for about forty minutes, until tender.

HAM LOAF

$\frac{1}{4}$ pound lean ham	$\frac{1}{4}$ pound grated cheese
2 tablespoons flour	3 eggs
2 cups milk	Salt and pepper

Cook the ham and chop it fine. Mix the flour with the milk and cook for a few minutes; then add the ham, cheese, the egg-yolks slightly beaten, and the stiffly beaten egg-whites. Season with salt and pepper, pour into a mold, set the mold in a pan of hot water and bake in a slow oven until firm. This may be served with or without a thin white sauce.

BEEF HASH A LA NORMANDIE

3 onions	$\frac{1}{2}$ cup cooked potatoes
1 tablespoon fat	$\frac{1}{2}$ cup meat stock
2 cups cold boiled beef	Salt and pepper

Cut the onions into cubes and fry in the fat until brown. Slice the beef and add to the onions, then add the potatoes and stock. Season and cook about fifteen minutes.

MEAT CROQUETTES

Use left-over veal or chicken. Cut into cubes. For each cup of meat cubes, make one-half cup of thick white sauce, to which an egg-yolk may be added. Mix the meat with the sauce and spread in a shallow dish to cool. Shape into balls, dip in egg and crumbs and fry in deep fat. Serve hot, garnished with slices of lemon.

MEAT AND RICE

2 cups cold cooked meat	Grated cheese
2 cups boiled rice	Salt and pepper
Butter or butter substitute	

Any scraps of left-over meat may be used for this dish. Cut the meat in small pieces and moisten with a little milk or stock. Spread a layer of rice in a greased baking-dish. Put several small pieces of butter or butter substitute on top and sprinkle with some grated cheese. Season with salt and pepper. Then add a layer of chopped meat and again add several small pieces of butter or butter substitute and a little grated cheese. Spread the rest of the rice on the meat, then put butter or butter substitute and grated cheese over it more abundantly than before. Put in the oven for about fifteen or twenty minutes. Serve very hot.

One can improve this dish by mixing some good tomato sauce or cream sauce with the meat.

COMBINATION RICE AND MEAT

1 large onion	$1\frac{1}{2}$ cup rice
1 tablespoon butter or butter substitute	1 cup tomatoes
Salt and pepper	Left-over pork, beef, mutton or chicken

Slice the onion and brown it with the butter or butter substitute and oil. Wash the rice well and add it, with salt and pepper, to the onion. Cook slowly, stirring constantly until the rice is slightly brown. Press the tomatoes through a sieve and add to the rice mixture, together with the meat. Cover with boiling water and simmer for about one-half hour.

RECHAUFFÉ OF MEAT

3 small onions	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter or butter substitute	$\frac{1}{8}$ teaspoon pepper
1 cup stock	3 diced potatoes
$\frac{1}{2}$ cup gravy	$\frac{1}{2}$ cup carrots
1 cup left-over meat	$\frac{1}{2}$ cup prune-juice
	$\frac{1}{2}$ cup stewed prunes

Slice the onions and fry in the fat until brown. Add the stock, gravy, meat, salt and pepper and vegetables. Cook slowly until the vegetables are tender. Add the prune-juice and boil five minutes. Turn the stew on to a platter and surround with cooked prunes.

FRENCH RISSOLES

2 cups chopped veal or chicken (white meat)	1 cup water
1 onion	1 tablespoon melted butter or butter substitute
Salt and pepper	4 cups flour
1 egg	

Chop the onion and add it to the meat. Season with salt and pepper. Mix this well with the yolk of the egg.

Mix together the water, a little salt, the white of the egg and the melted butter or butter substitute. Pile up the flour, make a well in the center and pour in, little by little, the liquid mixture. Work the dough thoroughly until it is smooth, then cut it in slices and spread them in thin strips with a rolling-pin.

Place the chopped meat here and there on these strips and fold. Cut with a small biscuit-cutter, making small rissoles. Boil these in slightly salted water for five minutes, remove them from the water, drain, and put them in the oven for ten minutes to form a yellow crust on top. Serve hot.

ECONOMICAL SAUCE FOR COLD MEAT AND FISH

4 tablespoons salad oil	Mustard
4 tablespoons cream	Salt
3 tablespoons vinegar	Pepper

Mix the salad oil, cream, vinegar, a little mustard, salt and pepper. Beat together quickly, with an egg-beater. The sauce gets white quickly and looks like whipped cream. Soon it becomes as thick as the best-made mayonnaise. Moreover, eggs are not required, the sauce will not curdle, and can be made quickly.

CAMBRISSEON SALAD

- | | |
|--------------------|----------------------|
| 1 cup cooked beef | 4 anchovies |
| 2 hard-cooked eggs | 1 small head lettuce |
| 2 tomatoes | |

Cut the beef into small pieces, add the sliced eggs and tomatoes, and the anchovies cut up into small pieces. Serve on lettuce with French or mayonnaise dressing.

RAGOUT OF DUCK OR CHICKEN

- | | |
|--|----------------------|
| 2 tablespoons butter or but-
ter substitute | 1 sliced onion |
| Cooking oil or drippings | 1 clove garlic |
| 1 duck or chicken | Sprig of parsley |
| Salt and pepper | 1 cup stock |
| | 1 tablespoon vinegar |

Clean and cut up the duck or chicken. Heat butter or butter substitute with an equal quantity of oil or drippings in a frying-pan. When hot, add the meat. Season with salt and pepper and cook until the meat is slightly brown. Remove the meat and add the onion to the fat in the pan and cook until brown, then add the garlic and parsley, the stock and vinegar. Return the meat to the pan and simmer slowly until tender.

Rabbit, hare, lamb or young partridge may be prepared in the same way.

CHICKEN VICTORY

- | | |
|---------------------------|-------------------------------|
| 1 chicken | Thyme |
| 2 tablespoons salad oil | $\frac{1}{2}$ bay-leaf |
| 9 onions | 3 large tomatoes |
| $\frac{1}{2}$ pound bacon | 1 cup stock |
| Parsley | $\frac{1}{2}$ pound mushrooms |

Prepare the chicken for roasting. While it is roasting, heat the oil in a frying-pan, add three of the onions finely chopped, and cook until a light brown. Add half the bacon, cut in small pieces, the parsley, thyme, and bay leaf. When brown, add the tomatoes cut in slices, and the stock. When all is cooked, press through a sieve.

In another pan, brown lightly the other half of the bacon cut in strips, the mushrooms and the six remaining onions, chopped. Cook until everything is tender, then add the previously made sauce and the gravy from the roasted chicken, and, if necessary, thicken with a little flour.

Cut up the chicken, arrange pieces in the center of a platter and pour the sauce, with bacon, mushrooms and onions, around it. Cut bread in diamond-shaped pieces, fry in the bacon fat, and place these also around the chicken.

ASPARAGUS WITH CHEESE

1 bunch asparagus	1 tablespoon butter or butter substitute
$\frac{1}{2}$ cup grated cheese	
1 teaspoon salt	$\frac{1}{8}$ teaspoon pepper

Cut asparagus in pieces and boil in salted water for ten minutes, then place it in a baking-dish. Sprinkle with the grated cheese and seasonings, and add the fat in small pieces. Bake in a moderate oven.

RED CABBAGE WITH CHESTNUTS

1 red cabbage	$\frac{1}{2}$ cup water
1 tablespoon drippings	Salt and pepper
$\frac{1}{2}$ cup melted grape jelly	French chestnuts

Select a nice red cabbage, remove the outer leaves and soak for a short time in cold water. Drain, and slice in thin shreds. Melt the fat in a saucepan, add the jelly and the cabbage, the water, salt and pepper. Cook very slowly until tender.

At the same time, boil some French chestnuts; take off the skin and add them to the cabbage. Cook all slowly for about two hours, until the liquid has evaporated.

STUFFED CABBAGE

1 cabbage	1 cup bread-crumbs
Butter or butter substitute	3 eggs
Parsley	1 chopped onion
Spices	

Place a thin piece of cheese-cloth in the bottom of a bowl and lay the large cabbage leaves in it. Chop the middle of the cabbage fine and fry it in butter or butter substitute until it is yellow. Remove it from the fire, add a little chopped parsley, spices, bread-crumbs, eggs and onion. Place this mixture inside the large cabbage leaves, and tie up the cabbage by tying together the four corners of the cloth.

Place in a pan of boiling salted water and boil until the cabbage leaves are tender (about thirty-five minutes). When done, remove from the cloth, pour a little melted butter or butter substitute over it, and some fine bread-crumbs, and bake for five minutes. Serve with a tomato sauce.

EGGPLANT ORIENTAL

2 green peppers	6 ripe tomatoes
2 eggplants	3 teaspoons salt
3 tablespoons cooking oil	1 teaspoon paprika

Remove the seeds from the peppers, and cut the peppers into small pieces. Pare the eggplants and cut into small pieces. Cook the

eggplant and peppers in the fat until slightly brown, then add the tomatoes and seasonings and continue the cooking until the eggplant is done. Serve very hot.

LEEKS AU GRATIN

12 leeks	$\frac{1}{2}$ cup grated cheese
6 potatoes	Bread-crumbs
1 cup medium white sauce	Salt and pepper

Cook the leeks in boiling water; boil and slice the potatoes; arrange the vegetables in a baking-dish, and pour the white sauce over them. Add the cheese, bread-crumbs and seasoning, and bake for fifteen minutes.

LIMA BEANS, NEUFCHÂTEL STYLE

2 cups green Lima beans	$\frac{1}{4}$ cup butter or butter
or 1 cup dried Lima	substitute
beans, soaked in water	1 $\frac{1}{2}$ cup milk
overnight	2 egg-yolks
1 teaspoon salt	

Cook beans in boiling salted water until almost tender. Drain, remove skins and return to saucepan. Add fat, salt, and milk, and finish cooking. Just before serving, add slightly beaten egg-yolks diluted with a little milk.

MUSHROOMS AU GRATIN

$\frac{1}{2}$ pound mushrooms	$\frac{1}{16}$ teaspoon pepper
1 sliced onion	$\frac{1}{4}$ teaspoon paprika
2 tablespoons cooking oil	1 tablespoon butter or butter
2 tablespoons flour	substitute
1 cup mushroom stock	$\frac{1}{2}$ teaspoon salt
(made from stems)	Juice of 1 lemon
$\frac{1}{2}$ cup bread-crumbs	

Peel the mushrooms and sprinkle salt over them to extract the water. Fry the onion in the oil. Add the flour and brown; add the stock and seasonings and cook the sauce until it is thickened. Drain the mushrooms and add them to the sauce. Put into a baking-dish, sprinkle with crumbs and bake until the crumbs are slightly browned.

POTATO PATTIES

6 potatoes	2 tablespoons butter or butter
2 tablespoons flour	substitute
Salt	1 tablespoon grated Swiss cheese

Boil the potatoes in their jackets; peel and mash them and add flour, butter or butter substitute, grated cheese and salt. Mix well

and shape in round patties, rather thick, making a hole in the middle. Cook in a well-greased baking-dish, in a hot oven, and when they are nicely browned pour over them tomato sauce, and serve hot in the baking-dish.

POTATOES, PEASANT STYLE

3 cups potatoes	2 tablespoons flour
6 tablespoons bacon fat	2 cups milk
2 cloves garlic	1 teaspoon salt
2 tablespoons parsley	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ teaspoon paprika	

Wash, pare and cut potatoes in dice. Fry in fat until brown. Remove potatoes and fry the chopped garlic and parsley in the fat remaining in the pan. Add flour, milk and seasonings, and cook until thickened (about five minutes). Add potatoes and cook three minutes.

POTATOES A L'ARCHIDOISE

4 cups thinly sliced potatoes	2 minced garlic cloves
2 cups tomato sauce	$1\frac{1}{2}$ teaspoon salt
	1 teaspoon paprika

Wash, pare and slice potatoes into a baking-dish. Add other ingredients and bake one hour and thirty minutes.

POTATOES, JEANETTE COURRANGELLE STYLE

6 medium-sized potatoes	1 small onion
Left-over meat	1 teaspoon chopped parsley
1 clove garlic	$\frac{1}{2}$ teaspoon salt

Pare the potatoes, bake in the oven until tender, then cut in halves lengthwise. Scoop out the centers. Chop the meat, garlic, onion and parsley together; add the salt, fill the potatoes with the mixture and reheat. The pulp removed from the potatoes may be seasoned with salt, pepper, and butter or butter substitute, and baked in the oven with tomato sauce.

POTATO FRITTERS

3 large potatoes	Flavoring
$\frac{3}{4}$ cup powdered sugar	$\frac{3}{4}$ cup flour

Pare and boil the potatoes in salted water and mash them; add the sugar and flavor with a little lemon or orange. Allow the mixture to cool. Then add the flour and knead the dough until it is very firm.

Spread the dough with a rolling-pin and cut it with a biscuit-cutter. Fry in deep fat until brown, then drain on brown paper.

COOKED RADISHES WITH CHEESE

Boil small pink radishes from which the leaves have been removed. Drain, and cook in a saucepan with butter or butter substitute and grated cheese until the cheese is melted.

SPINACH WITH CHEESE

1 quart spinach	$\frac{1}{2}$ teaspoon paprika
2 tablespoons chopped parsley	4 eggs
4 tablespoons butter or butter substitute	2 cups milk
	1 cup Swiss cheese
	1 teaspoon salt

Wash and chop the spinach. Add the parsley and cook in fat for ten minutes. Add well beaten eggs to the milk, and pour over the spinach. Add cheese and seasoning; turn into greased baking-dish and bake one-half hour.

SPINACH À LA REINE

$\frac{1}{2}$ tablespoon chopped onion	1 cup milk
$\frac{1}{2}$ tablespoon butter or butter substitute	Salt and pepper
1 quart spinach	$3\frac{1}{2}$ tablespoons grated cheese
1 tablespoon flour	3 eggs
	6 cooked shrimps

Cook the onion in the butter or butter substitute, add the spinach, which has been washed and chopped, and fry quickly. Add flour and milk, and cook until it thickens. Season with salt and pepper, add grated cheese, and when it starts to boil remove from the fire and add well-beaten egg-whites, then the beaten yolks, and bake in a very hot oven for ten minutes. Garnish with the shrimps.

TOMATOES WITH BROWN SAUCE

4 tomatoes	$1\frac{1}{2}$ tablespoon butter or butter substitute
$\frac{1}{2}$ teaspoon salt	Brown sauce
Few grains pepper	

Plunge tomatoes in boiling water for one minute. Peel, slice and put in baking-dish. Add seasoning and butter or butter substitute in small pieces. Bake in a slow oven for ten minutes. Add brown sauce and again bake for ten minutes.

STUFFED TOMATOES

- | | |
|-----------------------------|---|
| 8 tomatoes | $\frac{1}{8}$ teaspoon pepper |
| 5 medium-sized onions | 5 tablespoons butter or butter substitute |
| 4 cloves garlic | 2 tablespoons flour |
| 1 piece thyme | $\frac{1}{2}$ pound sausage-meat |
| 1 bay-leaf | |
| $\frac{1}{2}$ teaspoon salt | |

Cut off the tops of the tomatoes and remove the pulp. Cook the pulp, four of the onions chopped fine, and the seasonings together for twenty-five minutes, then add three tablespoons of the butter or butter substitute mixed with the flour. Cook the mixture for twenty minutes. Brown two tablespoons of the fat in a pan and fry a finely chopped onion in it, add the sausage-meat to it, cook for ten minutes and add this mixture to the tomato pulp. Stuff the tomatoes with the mixture and bake them for twenty-five minutes. Serve in the baking-dish.

TURNIP LEAVES

Select the leaves of young turnips, wash carefully and boil in salted water until tender. Drain, chop very fine, and season with salt and pepper and butter or butter substitute. Serve hot.

TURNIPS WITH CHEESE

- | | |
|---|---------------------------------|
| 3 medium-sized white or yellow turnips | 1 $\frac{1}{2}$ cup milk |
| 2 tablespoons butter or butter substitute | 1 teaspoon salt |
| 2 tablespoons flour | $\frac{1}{8}$ teaspoon pepper |
| | $\frac{1}{2}$ cup grated cheese |

Peel the turnips, cut them in slices, and boil them for about fifteen minutes in boiling salted water. Make a white sauce with the fat, flour, milk, salt and pepper. Pour this over the turnips and then sprinkle the grated cheese over them. Bake for ten minutes and serve hot.

EGGS RENEGE

- | | |
|-----------------------------|------------|
| Hard-cooked eggs | Lettuce |
| Tunafish, salmon or shrimps | Mayonnaise |
| | Paprika |

Cut hard-cooked eggs in halves, lengthwise; remove the yolks and mix half of them with shredded tunafish, salmon or shrimps. Season and fill into the whites. Garnish a flat dish or platter with lettuce, arrange the eggs on it, and pour mayonnaise over them. Press the remainder of the yolks through a sieve and sprinkle them over the mayonnaise. Sprinkle with paprika to add color to the dish.

DANDELION OMELET

1 cup dandelion hearts

4 eggs

Fry the hearts of very white dandelions in butter or butter substitute, and mix them with the well-beaten eggs. Cook like an ordinary French omelet. The taste resembles an asparagus-tip omelet.

EGGS WITH SPINACH

2 quarts spinach

1 teaspoon salt

4 tablespoons butter or
butter substitute

6 hard-cooked eggs

 $\frac{1}{2}$ teaspoon pepper $\frac{1}{2}$ cup tomato sauce

Wash and cook the spinach and add the butter or butter substitute and the seasonings. Arrange a nest of spinach at both ends of a small platter. Put three eggs in each nest and pour the tomato sauce between the nests.

EGGS IN FRENCH STYLE

6 eggs

 $\frac{1}{2}$ teaspoon salt

2 tablespoons fat

 $\frac{1}{2}$ teaspoon paprika

4 tablespoons flour

 $\frac{1}{8}$ teaspoon pepper

1 cup milk

Bread-crumbs

Boil the eggs for five minutes; make a thick white sauce, using fat, flour, milk and seasonings. Dip the eggs in the sauce; cool and dip in fine bread-crumbs. Fry in hot fat until golden brown. Serve with tomato sauce.

MOLDED EGGS WITH CHEESE

3 eggs

Salt

3 cups milk

Cayenne

 $\frac{1}{2}$ pound grated cheese

Beat the eggs and milk together and add the grated cheese and seasonings. Pour the mixture into a greased baking-dish and bake it until it is firm. Turn out on a platter, and garnish with chopped parsley.

MIMOSA EGGS

6 hard-cooked eggs

 $\frac{3}{4}$ cup boiled ham

Lettuce

Mayonnaise

Cut the eggs in halves lengthwise. Remove the yolks and stuff the whites with chopped ham. Lay the eggs on a plate lined with lettuce leaves and cover with mayonnaise dressing. Decorate with sifted yolks of the eggs.

FLORENTINE EGGS

1½ cup milk
 1 teaspoon salt
 ⅛ teaspoon pepper

½ cup grated Swiss cheese
 4 eggs

Add milk, seasoning and cheese to slightly beaten eggs. Turn the mixture into a greased baking-dish, set the mold in a pan of water and bake twenty minutes, or until firm. Remove from the oven; let stand three minutes and unmold on a platter. Serve with tomato sauce.

CHEESE OMELET SOUFFLÉ

2 tablespoons butter or
 butter substitute
 4 tablespoons flour
 1 cup milk

Salt and pepper
 ¼ pound grated cheese
 3 eggs

Put the fat and flour in a pan and when blended add the hot milk, the salt and pepper, and the grated cheese, stirring quickly to melt the cheese. When the mixture is getting cool, add first the yolks, then the stiffly beaten whites of the eggs. Put the mixture into a greased baking-dish, and cook for fifteen or twenty minutes. Serve at once.

CHEESE TOAST

1 egg
 1½ tablespoon cream
 1½ tablespoon flour

¼ pound grated cheese
 Salt and pepper
 Slices of bread

Mix first five ingredients well together and work the mixture until firm. Smoothly spread a layer of this mixture on slices of bread two and one-half inches thick. Fry in deep hot fat, putting the cheese side down first; then turn over. Remove when the toast is a golden brown. This dish is quickly made, delicious and not costly.

GNOCCHI

4 tablespoons butter or
 butter substitute
 1 cup milk
 2 cups flour

3 eggs
 Salt and pepper
 2 ounces grated cheese
 1 cup medium white sauce

Melt the butter or butter substitute in a pan. Put in the milk, bring to a boil, and add the sifted flour. Stir six to nine minutes. Let it cool slightly, then work in the eggs, one at a time, beat well, and season to taste. Add the grated cheese. Put the dough on the board or on a platter and cut into squares or small fingers.

Drop these into boiling salted water and poach them for about ten minutes. When they are cooked, drain them and place in a baking-dish. Pour over them the white sauce to which may be added, if desired, one ounce of grated cheese, and put the dish in the oven for ten minutes. Serve hot. The gnocchi can also be served with tomato sauce.

USE OF STALE MUFFINS

6 or 8 stale muffins	2 cups milk
1 tablespoon butter or butter substitute	Salt
1 tablespoon flour	2 hard-cooked eggs
	1 tablespoon grated cheese

Break small stale muffins in two, scoop out the centers and put aside. Butter the inside of the muffins, and put them in the oven for a moment to melt the butter.

Make a cream sauce with the butter or butter substitute, flour, milk and a little salt. When this sauce is cooked, take it off the fire and add the hard-cooked eggs chopped fine, the grated cheese, and the soft part of the muffins. Cook to a thick paste, and fill the muffins with it. Put the two parts of the muffins together, and bake them for fifteen minutes. Serve hot.

You will be surprised to find how good any stale muffins will taste when they are prepared in this simple, easy and economical way. You will never again want to throw away stale muffins.

FRENCH CAKE

1 cup sugar	3 cups flour
1 egg	1 teaspoon soda
2 teaspoons cocoa	1 tablespoon melted grape jelly
1 teaspoon cinnamon	Nuts
2 cups milk or cream	

Beat together the sugar and egg, then add the cocoa and cinnamon and the milk or cream very slowly. Stir in the flour, then add the soda, dissolved in the jelly. Pour into a loaf pan and scatter some nuts over the top. Bake in a moderate oven about forty minutes.

FONDANT CAKE

$\frac{3}{4}$ cup cream	2 cups flour
2 eggs	Chopped almonds or grated lemon-rind
2 cups powdered sugar	

Cover the bottom of a shallow cake-pan with oiled paper. Blend cream, eggs, sugar and flour and pour into the pan. Sprinkle some

finely chopped almonds or some grated lemon-rind on top of the cake. Bake in a moderate oven for twenty or thirty minutes. It is preferable served hot.

FRENCH CUSTARD (With Caramel)

4 eggs

6 tablespoons sugar

1 cup milk

Separate the egg-whites and yolks, and beat the whites until they are firm. Add four tablespoons of sugar to the yolks. Combine the whites and yolks and add the milk, stirring the mixture slowly. Make a caramel, using two tablespoons sugar and one-half cup water. Pour this into a tin mold and then add the custard. Place the mold in a pan of water and bake in a slow oven for twenty-five minutes, or until a knife blade will come out clean. When the custard is cold, turn it out on a platter and serve it with or without a sauce.

CHESTNUT DESSERT

2 pounds chestnuts

 $\frac{1}{2}$ cup sugar $\frac{1}{4}$ cup water

1 tablespoon vanilla

4 or 5 apples

1 tablespoon butter or
butter substitute

1 teaspoon cinnamon

2 tablespoons apricot jelly

Blanch and peel the chestnuts and cook until soft, then rub through a sieve. Make a sirup of the sugar and water, add the vanilla and chestnuts and stir until the mixture is smooth. Place in a ring on a plate. Cook the apples until soft, mash them, add the butter or butter substitute, the cinnamon, and apricot jelly. Put this mixture in the center of the chestnut ring and garnish with preserved fruits.

RICE CROWN WITH APRICOTS

Cook rice in milk and put in a buttered ring mold. When cool, turn into a fruit-dish. Cook dried apricots and place halves around the top of the crown. Strain the remainder of the fruit through a fine sieve and pour in the hollow of the crown. If this dish is desired hot, put the mold in the oven for a few minutes before trimming it with the apricots.

RICE PUDDING WITH BERRIES

 $\frac{3}{4}$ cup rice

1 quart milk

 $\frac{1}{2}$ teaspoon vanilla $\frac{1}{2}$ teaspoon salt

1 pint strawberries or raspberries

 $\frac{1}{4}$ cup water

Powdered sugar

 $\frac{1}{2}$ tablespoon corn-starch

Dissolve the sugar in the milk. Cook the rice slowly in the sweetened milk. Add the vanilla and salt. When the rice is tender, pour it into a greased mold and cool. Cook the strawberries, water, sugar and corn-starch together, and strain the sauce. Unmold the pudding on a platter, and pour the sauce over it. Garnish with strawberries. Raspberries may be used instead of strawberries, or with them.

APPLES BAKED WITH BREAD

Remove the cores from good-sized apples; fill with jam and butter or butter substitute. Place round slices of stale bread in a baking-dish and put an apple on each. Pour scalded milk and water over the bread. Bake until the apples are soft. Serve in the baking-dish.

MOCHA PUDDING

$\frac{1}{3}$ cup butter or butter substitute	$\frac{3}{4}$ cup cold strong coffee
1 cup brown sugar	$\frac{1}{4}$ teaspoon vanilla
3 egg-yolks	12 lady fingers

Cream the butter or butter substitute and add sugar gradually, then the egg-yolks. Add coffee little by little, and vanilla. If coffee is added quickly, the mixture will curdle. Line a mold with the lady fingers. Chill and serve on a platter.

SOUR-MILK PUDDING

1 quart sour milk	1 tablespoon lemon-juice
3 eggs	4 tablespoons granulated sugar
2 tablespoons powdered sugar	

Heat the milk slowly until it separates, and drain the whey from the curd. Add the eggs, powdered sugar, and lemon-juice to the curd, and beat thoroughly. Caramelize the granulated sugar and pour it into a mold. Add the curd mixture and bake the pudding for twenty minutes.

MOLDED CHOCOLATE PUDDING

$\frac{1}{2}$ cake sweet chocolate or 3 squares bitter chocolate and sugar	2 tablespoons gelatin
3 cups milk	2 egg-whites
	Marshmallow whip
	Cherries

Melt the chocolate in the milk in a double boiler. Add the gelatin, previously soaked in three tablespoons of water. Pour the mixture

into a wet mold and let it stand in a cool place until the pudding is firm. Turn the pudding on to a glass dish and garnish it with beaten egg-whites mixed with marshmallow whip. Place a cherry in the center of each mound of garnish.

BREAD PUDDING

6 or 8 slices stale bread	$\frac{1}{2}$ cup seeded raisins
Salt	1 quart milk
2 eggs	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{4}$ cup sugar	1 teaspoon lemon extract

Dip some slices of stale bread in slightly salted water until they are soft. Drain and put into a bowl, adding the well-beaten eggs, sugar, and the seeded raisins. Scald the milk, flavor it with the cinnamon and lemon extract, pour it over the bread, and fill a greased pudding-dish with the mixture. Cook in the oven for about thirty minutes. Serve with hard sauce.

CARROT PUDDING

$\frac{1}{2}$ cup grated raw carrot	2 cups flour
1 $\frac{1}{2}$ cup grated sweet potato	1 tablespoon baking-powder
$\frac{1}{2}$ cup chopped beef suet	Nutmeg
1 cup sugar	1 cup raisins
	$\frac{1}{2}$ cup currants

Mix together all the ingredients, tie in a large cloth and drop into boiling water. Boil for an hour and a half.

This pudding is less expensive than plum pudding and is very delicious.

APPLE MERINGUE PUDDING

Toasted bread	Sugar
Hot milk	Nutmeg
1 dozen apples	3 eggs

Cover the bottom and sides of a baking-pan with toasted bread, wet with hot milk. Cook one dozen apples whole, sweeten with sugar and flavor with nutmeg. Beat the yolks of the eggs together with a little sugar and pour over the apples. Put the apples in the baking-pan over the bread, then cover with the stiffly beaten whites of the eggs. Bake in a slow oven for a few minutes. This is a delicious dish.

FOODS AND BEVERAGES FOR INVALIDS

A doctor's advice is necessary in planning the diet for an invalid, as each case must be considered individually. The following general directions and suggestions are intended for the housewife who, in addition to her other work, has the duty of ministering to the needs of the sick and convalescent. Even with the best intentions, she herself has not the time to study out delicacies and special dishes which mean so much to the invalid.

The proper selection and preparation of food for an invalid is important, but the best cooked and most palatable food may be spoiled in the serving. When possible, remove all bottles and suggestions of medicine from the room. Use a light tray, and serve everything as nicely as possible—the hot things really hot; the cold dishes cold, not lukewarm. In illness, even more than in health, care in serving is imperative, for appetite may be poor.

The tray should be covered with a clean napkin or tray cover, and the dishes and serving should be very dainty. A flower or a sprig of green will often take an invalid's mind from the food, and the attractiveness of the whole will tempt him to eat what otherwise would remain untouched. Serving the meal in courses will add to the interest. Do not serve too much of any one food. Place the dishes on the tray in the same order as on a table and within easy reach of the patient.

Meals should be served at regular intervals, and although the patient should not be consulted in regard to his food, his likes and dislikes should be considered as far as possible.

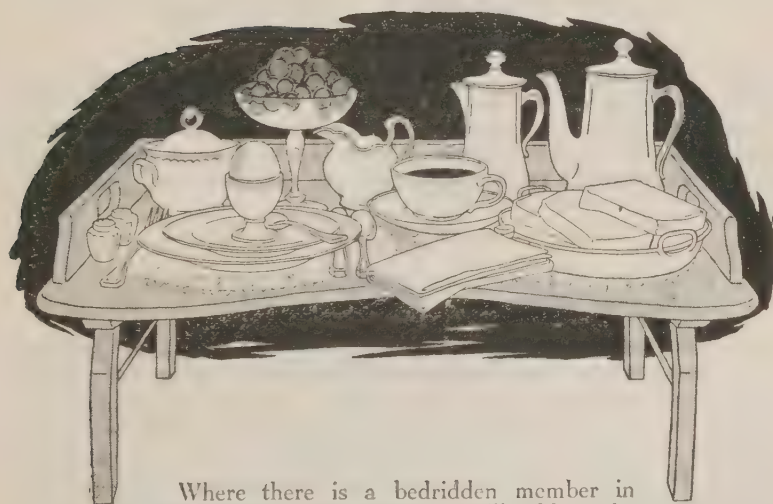
Before serving the meal, be sure that the patient is ready for it. His hands and face should be washed, and a table should be placed near at hand to receive the tray, if necessary. Special raised invalid trays may be bought or a rest may be improvised by placing a block of wood or a bundle of magazines on each side of the patient so that he will not have to bear the weight of the tray on his knees and to make the tray high enough for him to eat comfortably.

Invalids will often take liquid diet through a straw and enjoy it after the glass has become tiresome. Decorating the glass with gold, silver or colored paper will please a child who is ill, or a convalescent who has tired of liquid diet.

Remove the tray and dishes as soon as the patient has finished eating. In contagious diseases, sterilize everything used by boiling in water for ten minutes.



The invalid's tray must be set with as much care as the dinner-table. Special dishes for the tray are attractive, and a combination set such as the coffee-pot, cream-pitcher and sugar-bowl illustrated will save space.



Where there is a bedridden member in the family a tray with legs will add to the comfort of the invalid and lessen the danger of the tray slipping and spilling its contents.

HOT MILK

Boil the milk quickly (see page 34), stirring constantly, and serve hot. Heat the cup before serving the milk, and cover it with a saucer for carrying to the sick-room. Hot milk is a mild stimulant in cases of extreme fatigue. Boiled milk will agree with many persons who can not take raw milk.

DILUTED MILK

2 tablespoons barley water or 1 glass milk
2 tablespoons oatmeal water

If milk disagrees with a patient, sometimes it may be made more digestible by diluting it with barley water, or oatmeal water (see pages 667 and 668).

ALBUMINIZED MILK

1 egg-white 1/2 cup cold milk
2 tablespoons cracked ice Pinch of salt

Beat egg-white with a fork or egg-beater, add ice, milk and salt. Beat enough to mix well.

ARTIFICIAL BUTTERMILK

1 quart skimmed milk 1/4 cup water
1 buttermilk tablet

Pasteurize the milk (see page 33) and cool it to body temperature. Dissolve the tablet in the water, and add this to the milk. Mix thoroughly and stand covered in a warm place for twenty-four hours, or until a solid curd is formed. Keep in a cool place until needed. Beat smooth with a Dover egg-beater just before serving.

KUMISS

1 quart milk 1 1/2 tablespoon sugar
1/4 yeast-cake

Heat the milk to 75° F., add the sugar and the yeast-cake dissolved in lukewarm water. Fill sterilized bottles to within one and one-half inch of the top, cork tightly and shake. It may be necessary to tie the corks on the bottles, as the yeast causes the milk to ferment and if gas is produced in considerable amounts the corks are forced out. Invert the bottles and place where they can remain at a temperature of about 70° F. for ten hours. Place on ice inverted and let stand for twenty-four hours, shaking now and then to prevent the cream from forming in the mouth of the bottle. If left standing too long,

it becomes less palatable. It should look like thick foamy cream when ready to serve. In opening the bottle care must be taken not to let the milk foam over.

WHEY

$\frac{3}{4}$ cup fresh milk	or $\frac{1}{8}$ rennin tablet dissolved
$\frac{1}{2}$ teaspoon rennet or	in 2 teaspoons cold water
essence of pepsin	

Heat the milk to lukewarm temperature (98° F.) and add rennin or pepsin. Set in a warm place until firm. Turn into a strainer covered with two thicknesses of cheese-cloth and set in a cold bowl. Cut the curd with a silver knife and let stand until the whey has drained from the curd. Keep in an ice-box.

The whey may be flavored with sugar just before serving, if desired. The nutritive value of whey may be increased by the addition of white of egg. Beat the white slightly, add the whey, and pour into a glass of crushed ice.

LEMON WHEY

1 cup hot milk	2 teaspoons sugar
2 tablespoons lemon-juice	

Add lemon-juice to hot milk and let stand over hot water until the milk separates. Strain through a double thickness of cheese-cloth and add the sugar to the whey.

ORANGE WHEY

Substitute orange-juice for lemon-juice and use one-half the sugar in the recipe for lemon whey.

Eggs

Eggs are extremely important in the invalid diet, and every nurse should know a variety of ways to serve them.

SOFT-COOKED EGGS

See Index for directions.

HARD-COOKED EGGS

See Index.

STEAMED EGGS

Put a piece of butter or butter substitute in an oatmeal dish, remove the tea-kettle lid and set the dish over the boiling water. When the butter is melted, break an egg into the dish, and cover with the tea-kettle cover. The egg will cook in a few minutes, will keep hot, and

may be served in the same dish. This is also an easy way of scrambling eggs without changing the dish.

EGG IN A NEST

Separate the yolk and white of an egg. Beat the white stiff and add one-eighth teaspoon salt. Pile on a circular piece of buttered toast, make a depression in the center, and drop in the yolk. Bake in a moderate oven until the white is slightly browned.

For other ways of serving eggs to invalids, see the following recipes: Poached or Dropped Eggs, Buttered or Scrambled Eggs, Shirred Eggs, Baked Eggs, Egg Timbales, Egg Toast, Scalloped Eggs, Creamed Eggs, Eggs à la Goldenrod, Plain Puffy Omelet, Plain French Omelet, Cream Omelet, Oyster Omelet, and others, depending on the condition of the patient to be served.

Egg Drinks for Invalids

ALBUMEN WATER

1 egg-white	Sugar
1 cup ice-water	1 tablespoon lemon-juice

Stir the white of an egg with a silver fork, and add the water. Serve plain or sweeten and flavor with lemon-juice. Mix well.

EGG ALBUMEN

2 teaspoons sugar	1 egg-white
$\frac{1}{2}$ cup warm water	Pinch of salt
2 tablespoons lemon-juice	Crushed ice

Dissolve the sugar in the warm water. Add lemon-juice. Beat egg-white enough so that it will mix; add salt and put with remaining ingredients. Shake or beat the mixture. Strain, and serve with cracked ice.

Three tablespoons of orange-juice may be substituted for the lemon-juice, if desired.

EGG LEMONADE

See Index.

EGG-NOG

See Index.

EGG WITH NUTMEG

1 egg	Nutmeg	1 teaspoon sugar
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Beat the yolk of the egg and the sugar together, and add nutmeg to flavor. Beat the egg-white to a very stiff froth, stir it into the yolk mixture, beating well, and serve at once.

EGG ORANGEADE

1 egg
1 orange
½ lemon

Sugar
Water

Pour a well-beaten egg into a tumbler. Add orange-juice and lemon-juice, sugar, and water to fill glass, stirring it into the egg. Serve cold.

The egg may also be beaten up with orange-juice, and the glass filled with charged water.

EGGS IN WARM BEVERAGES

Eggs are frequently given to patients in coffee, cocoa, purées, and so forth. Cool the liquid to 100° F., and add the slightly beaten egg. Reheat, if necessary, to 190° F. Serve immediately.

Cereal Drinks, Gruels and Jellies

In preparing any of the grain foods for an invalid, take special care to see that they are well cooked. Whole-grain foods are important laxative articles of diet.

BANANA GRUEL

Stir banana meal into hot milk, and add sugar to taste.

BARLEY GRUEL

1 tablespoon barley flour	1½ cup boiling water
1½ tablespoon cold water	Salt

Mix the flour with the cold water. Add the boiling water gradually, stirring constantly, and boil hard for one-half hour. Salt to taste. This is a water gruel. If milk is to be combined with it, omit one-half cup of the boiling water and add one-half cup of hot milk to the mixture when serving. Strain the gruel through a very fine sieve.

Prepared flour is generally used for barley preparations.

BARLEY WATER—No. 1

2 teaspoons barley flour	2 cups boiling water
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Follow directions for barley gruel.

BARLEY WATER—No. 2

2 tablespoons pearl barley	1 quart cold water
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Wash the barley, and soak it for five hours, or overnight, in one quart of cold water. Cook until it has boiled down to a pint. Strain twice.

BARLEY JELLY

2 tablespoons barley flour 2 cups boiling water
4 tablespoons cold water

Follow directions for barley gruel. Strain into a mold, chill, and serve with sugar and cream.

EGG BARLEY

1 egg $\frac{7}{8}$ cup barley flour $\frac{1}{2}$ teaspoon salt

Beat the egg slightly, add salt, and enough flour to make a hard ball of dough, or rub egg and barley flour well with the hollow of the hand until small grains are formed. Grate, chop, or rub the dough through a colander. Dry a few minutes in a pan in the oven or on a board. Drop the desired amount gradually into boiling soup, let boil five minutes and serve.

OATMEAL PREPARATIONS

For oatmeal gruel and oatmeal water when the prepared oat flour is used, follow the directions for barley gruel and water. They may, however, be made from either coarse oatmeal or rolled oats. If the latter are used, they should be prepared as described in the chapter on "Cereals," using the following proportions:

Oatmeal Gruel

$\frac{1}{4}$ cup rolled oats or $\frac{1}{3}$ cup coarse oatmeal $1\frac{1}{2}$ cup water

Oatmeal Water

$1\frac{1}{2}$ tablespoon rolled oats or 2 tablespoons coarse oatmeal
2 cups water

Oatmeal Jelly

4 tablespoons rolled oats or $5\frac{1}{2}$ tablespoons coarse oatmeal
 $1\frac{1}{2}$ cup water

INDIAN-MEAL GRUEL

2 tablespoons corn-meal 1 quart boiling water
1 tablespoon flour $\frac{1}{2}$ teaspoon salt
4 tablespoons cold water

Mix the meal and flour with the cold water, rub smooth, and stir the paste into the boiling water.

Stir well, and when the gruel boils, set it back where it will simmer gently for two hours. Add the salt, cook for one-half hour longer, and serve with cream or milk.

PANADA

1 pint boiling water 2 soda or graham crackers

Place the crackers in a bowl, and add just enough boiling water to soak them well. Set the bowl in a vessel of boiling water, and let it remain twenty or thirty minutes, until the crackers are quite clear, but not broken. Lift them out carefully without breaking and lay them on a hot saucer. Salt if necessary. Serve very hot with sugar and cream.

RICE JELLY

2 tablespoons rice flour Speck salt
1 cup boiling water Cinnamon or lemon-juice, if de-
Cold water sired

Mix the rice flour with enough cold water to make a thin paste, and then add the boiling water. Sweeten to taste, and boil until the rice flour is transparent. Add a little cinnamon or lemon-juice as flavoring, if desired.

Wet a mold with cold water, pour in the jelly, and when cold serve with milk and sugar.

TOAST WATER

2 or 3 slices toast Speck of salt 1 cup boiling water

Toast two or three slices of stale bread until brown all through but not at all scorched. Break the toast in small pieces, and put one cup of it into a pitcher, using only the toast that is thoroughly brown. Pour the boiling water on the toast, let stand for ten minutes, strain, season and serve hot or cold. Milk or cream and sugar may be added if desired.

Miscellaneous Beverages

CURRENT WATER

1 tablespoon currant jelly 1 cup water
or 3 tablespoons cur-
rant-juice

Stir the currant jelly into the water. Sweeten slightly, if desired. When currant-juice is obtainable, use three tablespoons of the juice and add enough water to dilute to the desired acidity. Acid drinks are refreshing in fever.

FLAXSEED LEMONADE

4 tablespoons whole flax- seed	4 tablespoons sugar
1 quart boiling water	Juice of 2 lemons

Simmer the flax-seed in the water for an hour or more. Strain, add sugar and lemon-juice, and serve hot.

HOT LEMONADE

Juice of 1 lemon	$\frac{3}{4}$ cup boiling water	Sugar
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This should be taken just before retiring; it is excellent for colds, but care should be taken to avoid all exposure immediately following. Squeeze the lemon-juice into the water, and add the sugar. Serve hot.

Soups

See chapter on "Soups."

JELLIED SOUP

See chapter on "Soups."

ICED CLEAR SOUPS

Many of the clear soups are delicious served ice cold. Serve in cups, never in plates.

CLAM BROTH

See Index.

CHICKEN BROTH

1 fowl (3 pounds)	2 table-spoons sago or tapioca
2 quarts cold water	or rice
1 teaspoon salt	

Wash the chicken and remove all the skin and fat. Cut it into small pieces, crack the bones well, and place it in a kettle with two quarts of cold water and let stand one-half hour. Set the kettle on the fire in a slow heat, and gradually bring the water to the boiling-point. Set it back where it will simmer for three hours, keeping the kettle tightly covered. Season with salt, skim off fat, strain off the broth, and serve. If made the day before using, the soup may be allowed to cool, when fat may be more easily removed.

If sago, tapioca, or rice is not objectionable to the patient, it may be added. Soak it for one hour in cold water, drain, add it to the strained broth, and simmer slowly for twenty minutes. If the kettle is kept well covered and the cooking is as slow as it should be, the liquid will

not boil away appreciably. Should the broth be needed very quickly, the rice may be boiled by itself in just enough water to keep it from browning, and both water and rice may be added to the broth, care being taken that there is not enough water with the rice to weaken the broth too much.

CHICKEN JELLY

Use the recipe for chicken broth, and strain. When cold, skim off any grease that has risen, heat, add salt and pepper, then pour into a mold. Chill and serve.

Ways of Serving Beef

BEEF-JUICE

Place one-half pound round of beef, cut about four inches square and an inch thick, in a wire broiler or in the broiler of a gas or electric oven, and broil until both sides have been browned and the meat has been well warmed through to start the juices. Two minutes should be sufficient.

Lay the beef on a plate, sprinkle it with salt, cut it in pieces, place in a small piece of cheese-cloth or a presser, lemon-squeezer or potato-ricer and squeeze out all the juice. One-half pound of beef yields two ounces or four tablespoons of juice.

Sufficient juice for two servings is generally prepared at one time, and the second portion, of course, will require warming. This must be done very carefully, as too high a degree of heat will cause the juice to coagulate. Place the juice in a cup, set the cup in boiling water, stir the juice constantly until it is a little more than lukewarm and serve at once.

BEEF TEA

1 pound lean beef 1 pint cold water $\frac{1}{2}$ teaspoon salt

Place the finely chopped or ground beef in a fruit-jar. Add the cold water, and let it stand for one hour. Place the jar in a saucepan of cold water with a cloth on the bottom of the pan under the glass, place on the fire, and heat the water slowly to 140° F. Be careful not to let it boil. Hold at that temperature for two hours. Then slowly increase the heat sufficiently to turn the beef tea to a deep chocolate color. Add the salt. Never allow beef tea to boil either in making or reheating.

SCRAPED RAW-BEEF SANDWICHES

3 tablespoons raw beef 2 slices of bread Salt and pepper

Wipe a piece of steak from the top of the round, and cut in strips one-fourth inch in thickness. Remove the soft part of the meat from

the connective tissue by scraping the meat on both sides with the edge of a silver spoon. Scrape with the grain of the meat. Season with salt and pepper if the patient's condition will permit, and spread between the slices of bread. If the bread is cut attractively and daintily and then toasted a delicate brown on both sides, after the sandwich is made, it is more palatable to most patients.

Desserts for Invalids

Other desserts that may be served to invalids, such as blanc mange and fruit mixtures, will be found among the cold desserts. Puddings that could be used, such as tapioca, rice, and prune whip, will be found in the chapter on puddings. For custards, see Index.

ARROWROOT BLANC MANGE

1 cup milk	$\frac{1}{2}$ cup cold water
6 teaspoons arrowroot	$\frac{1}{2}$ teaspoon vanilla

Put the milk into a double boiler, scald, and stir into it the arrowroot mixed with the cold water. Stir until thick and smooth. Cook forty-five minutes. Remove from the fire, flavor with vanilla, and pour into a mold to cool. Serve with sugar and cream.

IRISH-MOSS BLANC MANGE

$\frac{1}{3}$ cup Irish moss	$\frac{1}{3}$ teaspoon salt
1 pint milk	2 teaspoons vanilla

Soak the moss fifteen minutes in cold water to cover, drain, pick over, and add to the milk. Cook in a double boiler for one-half hour without stirring. It will not seem thick, but will thicken if dropped on a cool plate. Add salt and vanilla, strain, and pour into individual molds wet with cold water. Chill, and serve with fresh or canned fruit, sugar and cream.

CANNING

Canning is one of the most satisfactory forms of preservation by which foods may be kept successfully from one season to another. Most fruits, vegetables and meats may be canned in the home, although it is probably better to store rather than to can such foods as apples and winter vegetables, if suitable space is available.

Success in canning depends on three things: (1) destruction or control of organisms; (2) perfect sealing; (3) suitable storage.

Destruction and Control of Micro-organisms

All living substances or micro-organisms (yeasts, molds, or bacteria) that may be in or on the food or some part of the jar, or in the air that comes in contact with the foods, and cause spoilage must be completely destroyed or controlled. The destruction of micro-organisms is accomplished by the proper application of heat to the food itself and to everything that comes in contact with the food.

Micro-organisms may assume either of two forms: the vegetative or the spore.

Vegetative—When conditions are favorable to their growth and activity, micro-organisms are said to be in the vegetative state. In this state, micro-organisms may be destroyed by boiling. The presence of acid in the food also aids the boiling temperature in destroying the organisms. That is why fruits and acid vegetables such as tomatoes may be successfully canned by boiling.

Spore—When conditions are unfavorable to the growth of micro-organisms they go into a spore form, cease growing and reproducing and become inactive and very resistant to heat. In this form, they are much more difficult to destroy than in the vegetative form. To destroy them a temperature higher than the boiling-point of water may be necessary. This is accomplished by the use of steam under pressure, which gives a high temperature that in a relatively short time of cooking will destroy even the organisms in the spore form.

The Pressure Cooker

A cooking device known as a pressure cooker or canner is used in all commercial canneries, and many housewives own and successfully operate a pressure cooker that gives the necessary pressure for securing a temperature that will destroy these organisms.

If steam under pressure is not used, heat at the boiling temperature must be applied to the food for long periods of time or at successive intervals. Neither of these methods is as effective in destroying the organisms as the high temperature of steam under pressure.

Canning Powders

Avoid the use of canning compounds, chemicals or preserving powders as a means of preserving foods. These preservatives consist of salicylic, boric or benzoic acids, and were first used to preserve decaying unwholesome food. Their use encourages the preservation of poor food materials and careless work and is not an effective means of destroying some of the most harmful organisms.

Sealing

The second step in successful canning is the prevention of the entrance of micro-organisms to the canned food. This is accomplished by sealing the food as soon as it is canned. A perfect seal depends on good jars and rubbers.

If a very dry storage place must be used, it is well to dip the seal of the jars in paraffin, as the rubbers sometimes dry out and crack, which permits the entrance of organisms.

Jars

There are many kinds of jars on the market. The best jar is one that is simple in construction, that can be sealed perfectly and washed easily, that protects the contained food against contact with metals, that has the fewest parts to be lost or misplaced, and that fits the shelves and receptacles planned to hold it. The glass should be clear with no bubbles, and the jar should be smooth both inside and outside. The color of the glass has no effect on retaining the color of the food.

Testing Jars

A glass jar should be tested before it is used. The finger should be run around the edge of the jar as well as the lid where the rubber rests, to determine whether the glass is smooth.

The testing of any type of jar may be accomplished by partly filling the jar with boiling water, adjusting the cover and the rubber, and sealing and inverting the jar. If it leaks, it should be examined to determine whether the leakage is due to an imperfect jar, a poor rubber, or to improper adjustment of the clamp, if a clamp is used. If a defect can not be remedied, the jar should be reserved for pickles or some food that does not require sealing.

Rubbers

New rubbers should be used each year. Old rubber loses its elasticity and may cause imperfect sealing and thus endanger the keeping of the food. A good rubber is elastic, not brittle, and will not break easily when stretched. Care should be given to the selection of good

rubbers, for even new ones may be stiff, inelastic, and hard, or may contain no rubber at all. Some rubbers on the market impart so disagreeable a flavor and odor to the canned food that it must be discarded. Good rubbers are hard to procure, but nothing less than the best should be accepted. They are more expensive than poor rubbers, but in the end they cost less.

Storage

The growth and action of certain highly resistant organisms that may not have been killed in cooking may be held in check and spoilage may be prevented by providing suitable storage for the canned food. The jars of food should be stored in a cool, dark place.

What Makes Home Canning Fail

When micro-organisms remain active in jars of canned food, the canning has not been successful. The result may be (a) simple fermentation with the production of gas, (b) putrefaction, with resulting ptomaines, (c) flat sour or (d) a form of food poisoning commonly called botulism.

Fermentation

Fermentation is caused by yeasts. The yeasts feed upon the sugar in the food and produce the bubbles of gas seen in a can of fruit, which is sometimes said to have "worked." These are the most easily controlled of all micro-organisms. They are killed by heat at a temperature below the boiling-point of water. Their presence in canned food is usually the result of careless handling of the food, or failure to use utensils that have been cleansed by boiling.

Putrefaction

The ordinary bacteria causing putrefaction or decay of food do not thrive in the presence of sugar or acid. Little trouble with them is experienced in canning fruits or tomatoes. With other vegetables and meats they are more serious, as their action upon food may produce poisonous substances known as ptomaines.

Flat Sour

Flat sour is a term used to designate a condition of canned vegetables in which both the taste and the odor are flat and sour and necessitate destroying the product, although the appearance is good. As a precaution against flat sour, all canning processes should be carried through as quickly as possible. It is especially important that the

cans should be removed from the canner and cooled to a point below 100° F., or about body temperature, as soon as possible. Most of the highly resistant organisms do not grow below this temperature. The cans should also be stored in a cool place in order that the growth and action of certain micro-organisms that may not have been killed in cooking may be held in check and spoilage prevented.

Botulinus

One of the organisms that may occur in very resistant spore form on food is called *bacillus botulinus*. It has been found to be more prevalent than was formerly supposed. Its resistance to heat and the extremely poisonous effects of the products of its growth in food make necessary a word about it in connection with canning.

This organism seems to be able to resist, under certain conditions, common methods of applying heat in canning at boiling temperature. If foods have spoiled because of the presence of this organism, they become dangerous not only to the health but to the life of the individual who eats them.

Using fresh, clean, sound fruit and vegetables and canning them in a clean, wholesome environment seem to be excellent safeguards against the presence of *botulinus*. Because of the danger from *botulinus* poisoning, it seems unquestionably safest to can vegetables under steam pressure. The higher temperature thus made possible reduces the danger of spoilage from the growth of the *botulinus* organism, because the time required to destroy the organism becomes rapidly less as the temperature is increased. There is indication that the use of a food acid (see page 678 in the hot-water-bath method of canning increases the efficiency of the boiling temperature in destroying the *bacillus botulinus*.

Caution in Using Home-Canned Food

Since there are possibilities of spoilage in canning by any method yet devised, all canned food should be carefully inspected as soon as it is opened. To be quite safe, if the slightest suspicion of spoilage is evident to eye or nose, the food should be thrown away without being even tasted. A single taste of food spoiled by the action of *botulinus* has proved to be fatal in some cases. According to present evidence, therefore, it would seem safest to boil foods that were not canned under pressure as soon as they have been taken from the cans.

METHODS OF CANNING

Two methods of canning are now commonly used: the open-kettle and the cold-pack.

Open-Kettle Method of Canning

The open-kettle method is so named because the food to be canned is completely cooked in a kettle and then poured into the jar. The jar, the cover, the rubber, and all the utensils that come in contact with the food must be thoroughly cleaned by boiling before the jars are filled, and the work must be carefully done; otherwise there is always the risk that the canned food will be infected and that it may spoil after the jar has been sealed. (Jars and covers should be boiled for twenty minutes; rubbers should be placed in boiling water for five minutes.) For some products, such as preserves, conserves, jams, and marmalades, in which sugar and fruit must be condensed or boiled together, the open-kettle method must still be used. Many persons, indeed, prefer the open-kettle method for canning strawberries, blueberries and tomatoes.

In the open-kettle method, fruits are boiled in a thin sirup until tender. Special recipes for tomatoes and some other foods that may be canned by the open-kettle method are given in the following pages.

The Cold-Pack Method of Canning

The cold-pack method is so named because the uncooked or partly cooked fruit, vegetable or other food is packed in a jar before heat is applied. The food is usually covered with some liquid, such as water, sirup, or juice; the rubber is adjusted on the jar, the jar is closed but not sealed; and the jar and its contents are heated simultaneously in a bath of boiling water, or in steam or in steam under pressure. This cold-pack method of canning may be used for most fruits and all vegetables. It is used by all canning factories for canned vegetables, fruits and meats. It is gradually being adopted by housekeepers, as in general it is a safer, easier way of canning most foods than the old open-kettle method and as the product keeps much of its natural flavor when canned in this way.

Food to be canned by the cold-pack method is usually heated or, as it is called, processed in one of three ways. These are (1) intermittent boiling in a hot-water bath; (2) continuous boiling in a hot-water bath (a) for a long period of time, (b) for a short period of time if a small amount of lemon-juice or vinegar is used; (3) cooking at a high temperature in steam under pressure.

Intermittent or Fractional Processing in a Hot-Water Bath

In canning food by the intermittent or fractional period of processing, the jars of food are heated in a bath of boiling water deep enough to cover the jars completely or are steamed for one hour on each of three successive days. The time of cooking is counted after the

water begins to boil. This intermittent cooking is done to give micro-organisms in the spore form an opportunity to change to the active form in which they would be killed by the second or third boiling. The jars are placed in the water bath or steam cooker, with rubbers and covers adjusted, but are not sealed. At the close of each cooking period, the jars are removed from the canner, sealed, and kept in a cool place between processings. At the close of the third period, they are sealed permanently. Because of the doubtfulness of destroying dangerous organisms in some regions, this type of processing is not generally advocated for vegetables. It is not necessary for fruits. It should *never* be used with meats.

Continuous Processing in a Hot-Water Bath

In canning food by the continuous period of processing, the jars of food are submerged in a bath of boiling water or steam not under pressure for a single continuous period. Covers and rubbers are adjusted before cooking, and the jars are sealed when taken from the cooker. This type of processing is generally used for fruits. While a continuous period of cooking may be successful for vegetables and meats, if the period is long enough, it is not generally considered as reliable as the use of the pressure cooker, which is a device for cooking food in steam under pressure. As a precaution against *botulinus* poisoning, vegetables canned by this method should be boiled after being opened, before they are used.

With acid (lemon-juice or vinegar) —The use of a food acid (lemon-juice or vinegar) with the continuous type of processing in a hot-water bath makes it more certain of success with vegetables that are especially difficult to can successfully, if a steam-pressure canner is not available. The acid seems to increase the proportion of success in canning corn, peas, beans, asparagus, and greens. The acid flavor with most of these vegetables is scarcely noticeable and to most persons not objectionable.

For each pint jar of vegetables, use one teaspoon of salt and one tablespoon of vinegar or lemon-juice. Boil the jars in the hot-water bath for one and one-half hour, according to the directions given in the following pages for each vegetable.

Equipment for Processing in Hot-Water Bath

If canning is to be done successfully, even on a small scale, it is necessary to have some equipment that will lighten labor and save time. Such equipment may be bought especially for the purpose, or it may be made from something already on hand.

Hot-water bath —A home-made hot-water canner may be constructed out of any utensil that is large enough to hold a sufficient number of cans, that is deep enough to allow the cans to be covered

to a depth of about one inch with boiling water, and that is capable of being fitted with a rack or false bottom, to prevent the cans from resting on the bottom of the receptacle, and to insure the free circulation of water in the boiler. A tight-fitting cover that will retain as much heat as possible will help to save fuel. A tin sap-bucket, a large tin oyster-pail, or a clothes boiler may be converted into a hot-water canner to meet the requirements of the individual housekeeper.

Steam cooker—The steam cooker is light in weight and is easily handled. It is a better shape than the boiler for use on a stove and is far more economical in the amount of fuel required. It may be used throughout the year, as it is adapted for ordinary cooking as well as for canning. Food that is canned in a steamer retains its shape well.

The time of cooking as given in the accompanying time-table for the hot-water bath must be increased one-third, because the temperature is likely to be slightly lower than the boiling-point of water.

Continuous Processing in Steam Under Pressure

In processing by the use of steam under pressure, the jars of food are placed in a pressure cooker or canner and held at a high temperature for a comparatively short period of time.

Equipment for Processing in Steam Under Pressure

A special device known as a pressure cooker or canner is necessary in processing in steam under pressure.

When steam is held under considerable pressure, temperatures much higher than that of boiling water may be obtained, and the rise in temperature is in direct proportion to the rise in pressure. Ten pounds of pressure gives to steam held under proper conditions a temperature of about 240° F. Water boils at 212° F. A number of good portable pressure canners are now on the market.

Steam-pressure canners are most convenient and successful for vegetables and meats, because the greater degree of heat makes it possible to complete the process in a comparatively short time and during one period of cooking. Hence time, labor, and heat are saved.

Even though the initial cost of a pressure cooker may seem high, success and safety in canning vegetables and meats are assured by its use. Much of the initial cost is offset in the economy of fuel and time accomplished by its use. Some of the smaller canners may be used throughout the year for cooking tough cuts of meat, cereals, beans, steamed puddings, and other foods that require long, slow heating. (See page 638.)

Directions for using a pressure cooker are at the top of page 640. In canning, follow these directions, and when no further steam escapes from the petcock, release the clamps, open the cooker, remove the food and seal the cans.

TIME-TABLE FOR CANNING BY THE SINGLE, OR CONTINUOUS, PERIOD OF HEATING, IN THE HOT-WATER BATH

<i>The continuous period is recommended for these foods</i>	<i>Time of cooking,* Minutes</i>
Apples.....	20-30
Apricots.....	16
Blackberries, dewberries.....	16
Cherries.....	16
Elderberries.....	16
Fruit-juices.....	20
Grapes.....	16
Huckleberries.....	16
Peaches.....	20
Pears.....	20-30
Peppers.....	30
Pineapples.....	120
Plums.....	16
Quinces.....	60
Raspberries.....	16
Rhubarb.....	16
Sauerkraut.....	60
Tomatoes.....	30
Tomato-juice.....	20

<i>The continuous period, acid method, may be used with these foods</i>	<i>Minutes</i>
Asparagus.....	90
Beans (string).....	90
Beets.....	90
Carrots.....	90
Corn (whole grain).....	90
Okra.....	90
Peas.....	90
Spinach and other greens.....	90

<i>If the continuous period without acid is used with these foods it is safer to boil the food after opening the can</i>	<i>Minutes</i>
Asparagus.....	180
Beans (string).....	180
Beans (Lima).....	180
Beets.....	120
Carrots.....	120
Cauliflower.....	120
Corn.....	180
Greens (spinach, etc.).....	180
Okra.....	120
Peas.....	180
Pumpkin.....	240
Squash.....	180
Vegetable combinations.....	180
Meat.....	300

*If a steam cooker is used the time should be increased one-third the amount given for the hot-water bath.

TIME-TABLE FOR CANNING WITH THE PRESSURE COOKER

<i>Vegetables</i>	(10 Pounds of Pressure)	<i>Time of cooking, Minutes</i>
Asparagus.		40
Beans (string)		40
Beans (shell or Lima).		50
Carrots.		40
Corn, whole grain.		50
Corn, cream style.		60
Parsnips.		40
Peas.		40
Pumpkin.		60
Sauerkraut.		40
Spinach and other greens.		40
Squash.		50
Succotash.		50
Tomatoes with corn.		50
Soup mixtures.		50
<i>Meat.</i>		105
<i>Fish.</i>		90
<i>Fruits</i>		
Pears (hard).		15
Pineapple.		45
Sweet apples (hard).		15

PREPARATIONS FOR CANNING**Blanching**

Blanching may be a preliminary step in the cold-pack method of canning. Some fruits must be blanched to facilitate the removal of the skins. Vegetables such as peas, beans, asparagus and cauliflower may be canned successfully without blanching, thus saving time and a certain loss of food substance.

Blanching may be done with either boiling water or steam. When boiling water is used, the fruit or the vegetable is placed in a piece of cheese-cloth or in a crate, lowered entirely under water, and heated for the required number of minutes. Only a small quantity of the product should be blanched at a time, in order that the water may be kept as near the boiling-point as possible.

For blanching in steam, the food is placed in some perforated utensil or in a piece of cheese-cloth and suspended in a tightly closed steamer. The food should be blanched until thoroughly shrunk. Blanching in steam generally requires a longer time than does blanching in boiling water. The steam must penetrate to all parts of the mass, and for this reason the fruits or vegetables should not be crowded together. This is particularly true of greens.

The cold dip which follows blanching is the rapid chilling of the outside of the blanched fruit or vegetable by plunging it into cold water. While the food should be cooled sufficiently to make it easily handled, it should not be allowed to remain long in the cold water.

Asparagus—If asparagus is blanched, it should be tied in bunches and placed in boiling water for two minutes with the stalks upright and with the tips above the water.

Greens—All greens should be blanched about five minutes, to reduce the bulk.

Corn—In order to prevent loss, corn should be blanched on the cob until, when it is pricked with a fork, it is firm to the touch and milk does not ooze out.

Beets, carrots, parsnips—Beets, carrots and parsnips should be blanched until the skins will slip off.

Useful Devices

A jar-lifter that will grasp a jar firmly will aid in handling the hot jars.

A wire basket and a kettle large enough to allow the basket to be immersed completely will simplify the blanching process.

A fruit funnel saves time in filling jars, and a flat wooden paddle helps in making an attractive pack.

A silver knife or one of stainless steel is the best for paring fruit, which is sometimes discolored by ordinary steel.

Half-pint measuring cups, teaspoons and tablespoons, a spatula and scales are aids in time-saving and will help to secure accurate results.

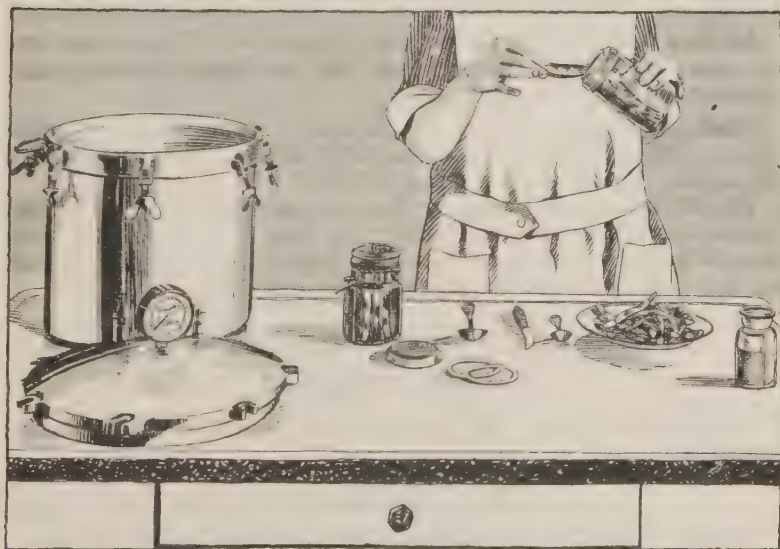
Avoid the use of iron or tin utensils, as the fruit acids attack the metal and may give a disagreeable flavor or color to the food. Enamel or aluminum utensils are best.

Directions for Canning Fruit by the Cold-Pack Method

1. Select well-grown, firm, but not overripe fruit.
2. If possible, can fruit on the day that it is picked.
3. Wash, pare or otherwise prepare the fruit, removing all bruised or decayed parts.
4. If there is much variation in size, sort the fruit so that the contents of each jar will be as nearly uniform as possible.
5. Blanch the fruit, if necessary, in boiling water, a small quantity at a time, until the skin slips off.
6. Chill the outside of the blanched fruit by immersing it for a brief period in a large receptacle of cold water. Do not attempt to cool the fruit thoroughly by this cold dip.
7. Pack the fruit firmly in clean, tested jars to within one-half inch of the top. Pack pitted, stoned or cored fruits with the cavities toward the center of the jar.
8. Fill the jars with boiling sirup or hot water.



Half the troubles in canning may be washed away. All fruits and vegetables need thorough washing. Wash greens in warm water, rubbing vigorously. Then plunge them into cold water to crisp.



Vegetables and fruits to be canned should be packed loosely enough so that the heat can penetrate to all parts. The jar will be attractive looking if the packing is done in an orderly way.

9. Place a new rubber on each jar, adjust the cover of the jar and partly seal it by adjusting only the upper clamp or by slightly screwing the lid.

10. Boil the jars for the required length of time. (See time-table.) If the hot-water bath is used, the jars should be immersed in sufficient boiling water to cover the tops to the depth of about one inch. Do not begin to count the time until the water boils over the jars. Keep the water boiling during the entire period.

11. Remove the jars from the canner. Seal them and invert them to cool. Avoid a draft on the jars, but cool them as rapidly as possible.

12. Wash the jars thoroughly, test the seal, label them and store them in a cool place.

Sirups for Canning Fruits

The thickness of sirup for canning fruits depends on the kind of fruit with which it is to be used and on the richness of the product desired.

Sugar and water may be combined in the following proportions and heated only until the sugar is dissolved. The quantity of water is kept constant in order to show the variation in the quantity of sugar used.

Thin sirup (about a 30-per cent. solution)— $1\frac{3}{4}$ cup sugar and 4 cups water. This sirup may be used for such fruits as apples, pears, raspberries and other sweet berries, when a rich product is not desired.

Medium sirup (about a 40-per cent. solution)— $2\frac{1}{4}$ cups sugar and 4 cups water. This sirup may be used for such fruits as sweet plums, blackberries and sweet cherries.

Thick sirup (about a 55-per cent. solution)—5 cups sugar and 4 cups water. This sirup may be used for such fruits as peaches, cherries or pineapples, when a sweet product is desired.

A still thicker sirup may be desirable for rhubarb, gooseberries, currants, sour cherries, and other very sour fruits. Such a sirup may be made by boiling the thick sirup until it begins to spin a thread instead of using it when the sugar has just dissolved.

Directions for Canning Vegetables by the Cold-Pack Method

1. Choose vegetables that are young and that have made a quick growth.
2. Do not use very dirty vegetables.
3. Can vegetables as soon as possible after they have been picked. This is particularly necessary with asparagus, peas, beans and corn.
4. Clean the vegetables thoroughly and prepare them as for cooking.
5. Sort the vegetables according to size, if there is much variation, so that the contents of each jar will be as nearly uniform as possible.

6. Do not attempt to handle too large a quantity of vegetables at once, especially in hot weather. The various steps in the canning process must be followed in rapid succession to prevent loss of flavor caused by flat sour. (See page 675.)

7. Blanch the vegetables if necessary by plunging them into a large quantity of boiling water. The blanching or scalding should be continued just long enough to make the vegetables sufficiently flexible to pack easily, or to loosen the skins sufficiently to allow them to be quickly scraped off. Spinach and certain other delicately flavored greens should be blanched in steam instead of in boiling water, until they are thoroughly shrunk. (See page 681.)

8. Chill the outside of the vegetables by immersing them in a large receptacle of cold water and removing them immediately. Do not attempt to cool the vegetables thoroughly by this cold dip.

9. Pack the vegetables loosely in clean, tested jars to within one-half inch of the top, or one inch if corn is being canned. Shake the jars lightly but do not press down the vegetables with a spoon.

10. Add from one-half to one teaspoon of salt to each pint jar. Some vegetables, such as peas, corn, beets, and pumpkin, are improved by the addition of a small amount of sugar as well.

11. Fill the jars with boiling water to within one-fourth inch of the top.

12. Place a new rubber on each jar, adjust the cover, and partly seal it by adjusting only the upper clamp or by slightly screwing the lid.

13. Heat the jars for the required length of time (see time-table). Tomatoes may usually be successfully canned in the hot-water bath by one continuous heating. It is recommended that other vegetables be canned by the steam-pressure or the acid methods. If the hot-water bath is used, the boiling water should cover the tops of the jars to the depth of about one inch. Do not begin to time the heating until the water boils over the jars. Keep the water boiling during the entire period.

14. When cooking is completed, remove the jars from the canner, seal them, and invert them to cool. Avoid a draft on the jars, but cool them as quickly as possible, especially in canning peas, beans, corn, asparagus, and greens.

15. Wash the jars, test the seal, label them and store them in a cool place.

Directions for Canning Meat by the Cold-Pack Method

Continuous heating is necessary in canning meats. Most authorities agree that meat should be canned only under steam pressure.

The various parts of beef, veal, pork, and mutton may be canned successfully, as may chicken and rabbit. Rabbit is canned on the bone.

1. Select meat in perfect condition. Tough cuts lend themselves well to canning.
2. Trim off dark-colored or strong-smelling portions and surplus fat. If mutton is being canned, be careful to remove the thin outer skin, which has a strong flavor. Wipe the meat well with a damp cloth. The bones may be used for making soup stock.
3. Free the meat from bones and cut it in pieces suitable for packing in the jars.
4. Pack the raw meat solidly into clean glass jars, filling them to within one inch of the top.
5. Add from one-half to one teaspoon of salt for each pint of meat, and other seasoning, such as chopped onion, celery leaves, or bay-leaf, if desired. Add no water.
6. Adjust the rubbers and the covers, and partly seal the jars.
7. Heat the jars under ten pounds of pressure for one and three-quarter hours. If a water-bath is used, heat for five hours.

Soup Stock

All bones and trimmings of the canned meats should be covered with cold water, salted, and slowly simmered until the flesh drops in shreds from the bones, and the liquid, or stock, is concentrated. Seasoning, such as onion and a bit of celery-leaf, may be added. Strain the stock if desired, reheat it, and boil it for ten minutes. Pour it into clean hot jars and boil them on a rack in a hot-water bath for three hours or under ten pounds of steam pressure for seventy minutes.

A GUIDE TO CANNING

The following estimates may be used as a general guide in determining the amount of food required for canning:

Fruits

1 bu. peaches.....	= 25 qts.
1 bu. pears.....	= 30 qts.
1 bu. plums.....	= 28 qts.
1 bu. red raspberries.....	= 24 qts.
1 bu. cherries.....	= 20 qts.
1 bu. tomatoes.....	= 18 qts.

Vegetables

1½ lbs. spinach.....	= 1 pt.
1 lb. chard.....	= 1 pt.
12-15 baby beets.....	= 1 pt.
20 carrots.....	= 1 pt.
¾ lb. string beans.....	= 1 pt.
2 qts. peas.....	= 1 pt.
4 small ears corn.....	= 1 pt.

The following recipes are given in addition to the general directions and time-tables, because the methods vary considerably with the kind of fruit or vegetable to be canned. The details of the process are not repeated in each recipe, as they are given in the general directions.

Vegetables

All non-acid vegetables should be processed in the pressure cooker if possible; otherwise, the use of acid is recommended. If non-acid vegetables are processed in the water-bath, they should be boiled before they are used.

ASPARAGUS

Select young, tender, freshly cut stalks for canning. Wash carefully and remove the tough woody ends of the stalk. Tie the stalks into bundles and blanch from three to four minutes. Place the lower end of the stalks in the boiling water first, allowing them to stand for two minutes; then immerse the entire bundle. Cold-dip and pack carefully into the jars with the heads up. Fill the jars with boiling water and add one teaspoon of salt to each pint jar. Adjust the rubber and partly seal. Process for three hours in the hot-water bath, or for ninety minutes if the acid method is used, or for forty minutes under ten pounds of steam pressure. Seal and cool.

BEETS

Beets deep red in color, small and uniform in size, are best for canning. Wash well, prepare as for boiled beets, and cook in boiling water until the skins will slip. Cold-dip and remove the skins. Pack whole, sliced, or cut in cubes. Fill the jar with boiling water and add one teaspoon of salt to each pint jar. Adjust the rubber, partly seal, and process in the hot-water bath for two hours, or for ninety minutes if the acid method is used. Seal and cool.

CARROTS

Young, tender carrots of uniform size are best for canning. Wash and cook in boiling water for five minutes. Cold-dip, scrape well to remove skin, and cut in thick slices, or pack whole in the jar. Fill the jar with boiling water, adding one teaspoon of salt to each pint jar. Adjust the rubber, partly seal, and process under ten pounds of pressure for forty minutes or in the hot-water bath for two hours, or for ninety minutes if the acid method is used. Seal and cool.

CAULIFLOWER

Wash the cauliflower and put the head down in a basin of salt water, using two teaspoons of salt to one quart of water. Soak for two hours. Then break the head apart into flowerets, and blanch for five minutes; cold-dip, and pack. Fill the jar with fresh boiling water, and add one teaspoon of salt to each pint jar. Adjust the rubber, partly seal, and process in the hot-water bath for two hours, or for ninety minutes if the acid method is used. Seal and cool.

GREEN STRING BEANS

Select young, tender beans. String and leave whole if small, or slice diagonally in inch lengths if large. Blanch for five minutes in boiling water; cold-dip, and pack in jars to within one-half inch of the top of the jar. Fill the jar with boiling water, and to each pint jar add one teaspoon of salt. Adjust the rubbers, partly seal, and process under ten pounds of pressure for forty minutes, or in the hot-water bath for three hours, or for ninety minutes if the acid method is used. Seal and cool.

CANNED CORN

For the best results in canning, corn should be carefully selected while it is still in the milk stage. This may be determined by pressing the flat edge of a knife against a kernel. If a milky liquid is squeezed out, the corn is in good condition for canning. If the center of the kernel is thick and pasty, the corn has reached the "dough" stage and is not satisfactory if canned. Since corn loses its flavor very quickly, it should never be allowed to stand longer than a few minutes after being taken from the stalks before it is canned.

A large amount of corn should not be canned at one time, because flat sour sometimes develops in the first jars prepared while the last ones are being finished.

A space of one inch should be allowed in filling the jars to provide for expansion in heating. Care should be taken not to pack the corn too tightly in the jars. Salt may be added in the proportion of one teaspoon to each pint jar of corn, if desired. The jars should be filled to within one-fourth inch of the top with boiling water. If corn is canned with vinegar, boiling water should be added to form the brine with the salt and vinegar, as in other methods of canning.

Only a small quantity of corn should be blanched at one time, sufficient for two or three jars. The corn should be blanched on the cob from two to five minutes, or until the milk does not ooze from the grains when they are pricked with a fork. It should be dipped quickly from the hot water to the cold water and removed at once.

The kernels may be cut very close to the cob without scraping, which gives a product of nearly whole kernels, or the outer end of the grain may be cut off first and the remainder may be scraped; the latter gives a fine product without a hull, which is particularly good for soup. This is called "cream-style" corn and should be cooked longer than the whole grain. Pack the corn in hot jars to within one inch of the top, fill the jars with boiling water and place them in the canner as soon as possible. The water should not be added to any of the jars until all are filled with corn. Use ten pounds of steam pressure for fifty minutes or cook in a hot-water bath for three hours or, if the acid method is used, cook for ninety minutes. Cream-style corn should be cooked for sixty minutes under ten pounds' pressure.

OKRA

Select young, tender okra pods; wash, and cut them in short lengths or can them whole. Blanch for six minutes in boiling water; cold-dip, and pack in the jars, adding one teaspoon of salt to each pint jar. Fill the jar with fresh boiling water; adjust the rubber; partly seal; and process under ten pounds of pressure for forty minutes, or in the water bath for two hours or ninety minutes if the acid method is used. Seal and cool.

PEAS

Special care should be given to the handling of peas, as they are difficult vegetables to can successfully. The peas should be young and fresh. The early morning is the best time to gather them, and they should be canned as soon as possible. They should not be allowed to stand after being removed from the pods.

Keep the shelled peas in shallow pans until they are canned. If they are heaped in deep pans and allowed to stand in a hot kitchen, they become heated, and flat sour is likely to develop.

If the peas are young and tender, they need not be blanched. If they are not in perfect condition, blanch them from three to ten minutes.

Fill the jars to within one inch of the top. If crowded into a close pack, some of the peas may burst during the cooking, and give the liquid a cloudy appearance.

Can them under ten pounds of steam pressure for forty minutes or by the acid method for ninety minutes, or by the continuous period for three hours. One teaspoon of sugar may be added to each pint jar.

Carrots and peas canned in alternate layers make an attractive pack, and may be served together with cream or butter, or used as a salad.

PEPPERS

Carefully remove the stem and the seeds from the peppers. Plunge them into boiling water for five minutes. Drain, and pack them at once into jars. Fill the jars with boiling water and boil them in a hot-water bath for thirty minutes. Do not remove the skins from the peppers, and do not add salt to the jar. Keep the jars in a cool dark place.

PUMPKIN

Wash the pumpkin, cut it into slices, and steam it until it is tender. Put it through a colander, stir the pulp until it is smooth, and pack it into jars while it is hot. Can it under ten pounds of pressure for sixty minutes, or process it for four hours in the hot-water bath.

SAUERKRAUT

Pack the kraut into the jars and add no water. Adjust the rubbers and covers. Heat the jars for one hour in the hot-water bath or for forty minutes in the steam pressure cooker under ten pounds of pressure.

SPINACH

Wash the spinach thoroughly in several waters, and remove the roots and dead leaves. Steam until thoroughly wilted, about twenty minutes. Cold-dip, and drain. Pack loosely in jars, adding one teaspoon of salt to each pint jar. Adjust the rubber, partly seal, and process under ten pounds of pressure for forty minutes or in the water bath for three hours, or by the acid method for ninety minutes. Seal and cool. All other greens may be canned according to this method.

SQUASH

Wash the squash, pare, and cut it into cubes or slices. Steam until tender and mash with a potato-masher until smooth. Pack the squash lightly into jars, adding one teaspoon of salt to each pint jar. Adjust the rubber, partly seal, and process under ten pounds of pressure for fifty minutes or in the hot-water bath for three hours. Seal and cool.

TOMATOES

Select tomatoes that are ripe but not overripe, free from blemishes, and of medium size, if possible. They should be red to the stem end, as green parts produce poor flavor and color. Irregularly shaped tomatoes may be used for catchup or purée, or made into juice for filling the spaces left in a jar after it is packed with whole tomatoes.

Scald a few tomatoes at a time in boiling water, from one-half minute to two minutes, using a wire basket or a thin cloth. Dip them into cold water and remove them quickly. With a small, sharp, paring knife, cut out the stem core; then, with a quick turn of the wrist, twist the skins from the tomatoes without removing the pulp. If the pulp adheres to the skin, the tomatoes have been scalded either too long or not long enough. As they are peeled, lay them in shallow pans.

If the cold-pack method is used, pack the scalded tomatoes into the jars, pressing them down firmly with a wooden spoon. Fill the jars to within one-fourth inch of the top with boiling tomato-juice. Add one teaspoon of salt for each quart and from one teaspoon to one tablespoon of sugar, if desired. Boil the jars in the hot-water bath for thirty minutes. Be cautious about attempting to can too many tomatoes at a time by the cold pack method. In hot weather they may be spoiled by flat souring, if they stand too long at any stage of the process.

If the open-kettle method is used, thoroughly clean the jars and the covers by boiling them for twenty minutes. Place the rubbers in boiling water for about five minutes. Add salt and sugar to the tomatoes in the proportions recommended for the cold-pack method. Add no water, because the tomatoes will make their own juice as they become heated. Bring them to the boiling-point, and boil them from six to ten minutes. The longer period may be required for very large tomatoes; these should be turned during the cooking. Empty the jars, adjust the rubbers and with clean spoons ladle the boiling tomatoes into the jars, filling them to overflowing with the boiling juice. Adjust the clean tops immediately and seal the jars. Invert the jars to cool, avoiding a draft on them.

FISH

Both large and small fish may be canned successfully. Remove the skin and the bone and pack the fish into the jars to within one inch of the top. Add one teaspoon of salt to each pint jar. Cook the jars under ten pounds of steam pressure for one and one-half hour.

If small fish, such as trout, suckers, and bullheads are canned under ten pounds of steam pressure for one and one-half hour, the bones are softened until they are like the bones in commercial canned salmon. This proves an advantage in the case of fish with many bones.

Fruits

Fruits, because of their natural acid and the sirup used in canning, are most satisfactorily processed in the water-bath. Only hard fruits such as pears or pineapple withstand the pressure cooker without softening. Some persons prefer to can fruits by the open-kettle method. Directions for making sirups are on page 684.

APPLES

Select smooth, sound cooking-apples, of the Fall or Winter varieties. Pare them and cut in quarters, removing the core. As the apples are prepared, drop them into a slightly salted water (one teaspoon of salt to one quart of water), to prevent discoloration. Pack in jars and fill the jars with a thin sirup. Adjust the rubbers, partly seal the jars, and process in the hot-water bath for twenty to thirty minutes. Seal and cool.

BLACKBERRIES

Pick over the berries, wash them well in a colander and pack in clean jars, being careful not to crush the fruit. Fill the jars with a medium sirup. Adjust the rubbers, partly seal the jar, and process for sixteen minutes. Seal and cool.

CHERRIES

Pick over the cherries, wash them and remove the stems. Sweet cherries are usually canned unpitted; sour cherries are better if stoned. Pack the cherries in clean glass jars, and fill the jars with sirup. Use a medium sirup for sweet cherries and a heavy sirup for sour cherries, adjust the rubbers, partly seal the jars, and process for sixteen minutes. Seal the jars and cool.

PEACHES

Sound free-stone peaches, uniform in size, should be used for canning, and the soft broken ones should be used for marmalade and conserve. If possible, peaches should be canned on the day on which they are picked.

Dip the peaches into boiling water, then into cold water, to remove the skins. If it is necessary to allow the peaches to stand for some time before canning, cover them with a salt solution to prevent discoloration (one teaspoon of salt to one quart of cold water). They should be drained just before they are used. The peaches may be canned whole by the open-kettle method; or for either method they may be sliced or cut in halves and the stones removed.

Make a sirup, using from one-half to three-fourths cup of sugar to each cup of water, and boil it from three to five minutes. Allow about one cup of sirup and one cracked peach pit for each quart jar of peaches.

Cold-pack Method—Pack the peaches in halves in overlapping layers with the rounded side uppermost and the blossom end facing the glass, or use sliced peaches. Fill each jar with hot sirup and adjust the rubber, the cover, and the upper clamp, thus partly sealing the jar. Place the jars on a rack in a hot-water bath that covers the tops to a depth of one inch. Bring the water to the boiling-point, and boil the jars for twenty minutes. Remove the jars, seal them, and invert them to cool.

Open-kettle Method—Cook the peaches in the sirup until they are tender; then with a clean spoon slip them carefully into a jar that has been thoroughly cleaned by being boiled for twenty minutes, and fill the jar to overflowing with sirup. Adjust the rubber, which has stood in boiling water for five minutes, and the cover, which was cleaned with the jar. Seal the jars immediately, and invert them to cool.

PEARS

Pears for canning should be ripe, but firm and of uniform size. Such pears as Bartletts are either canned whole or cut in halves. Pare them and if they are to be cut, divide them evenly into halves and remove the cores. When canning them whole, remove the blossom end, but leave the stem. Place each layer in the jar with the stem up, allowing those in the second layer to fill the spaces between those in the

first. Pears darken on standing after the skin is removed, and therefore should be covered with cold water until they are ready for canning.

The directions given for peaches may be used for canning pears by either the cold-pack or the open-kettle method.

Hard pears may be canned by the cold-pack method under ten pounds of steam pressure for fifteen minutes.

PINEAPPLE

Remove the eyes and skin from the pineapple, cut in half-inch slices, then cut each slice into cubes, discarding the core, as it is tough and lacks flavor. Steam the pineapple or cook it in a small amount of water until it is tender. Make a sirup, using two pounds of sugar to one quart of water, and cook the pineapple until it is transparent and tender. Pour into clean hot jars and seal. Pineapple may be canned by the cold-pack method if processed in a water-bath for two hours or under ten pounds of pressure for forty-five minutes.

PLUMS

Wash the fruit and prick each piece with a clean fork or knitting-needle several times to prevent the skin from bursting. Make a thick sugar sirup and as soon as the sirup is boiling add the plums and cook until soft. Pour into clean hot jars and seal.

QUINCES

Wash the quinces and wipe them with a coarse towel to remove the down. Quarter, core, and pare. Put the fruit in a preserving-kettle, cover with cold water and bring to the boiling-point. Cook gently until the pieces are slightly soft. Then make a medium sugar sirup, add the partly cooked fruit and cook until tender. Pour into hot jars and seal.

RASPBERRIES

Pick over the berries, discarding all mildewed or crushed or soured fruit. Wash well in a colander, and pack in clean jars, being careful not to crush the fruit. Fill the jar with a thin sirup. Adjust the rubber, seal the jar, and process for sixteen minutes; seal and cool. *Test for leaks.*

CANNED STRAWBERRIES

Select fresh uniform fruit. Remove the hulls, and wash the berries a few at a time in a colander. Pack them slowly in clean jars and fill with a thin sirup. Adjust the rubber, partly seal the jar, and process for sixteen minutes. Seal the jar and cool. *Test for leaks.*

PRESERVES, MARMALADES, JAMS, CONSERVES AND FRUIT BUTTERS

In making preserves, marmalades, conserves, jams and fruit butters, a larger amount of sugar is used than in canning. The sugar is cooked into the fruit or condensed with the fruit-juice and acts as a natural preservative against yeasts and bacteria. These foods must still be protected from molds, and this is most satisfactorily accomplished by sealing in clean hot jars.

These preserved foods differ slightly from one another in preparation, consistency and texture. All are rich sweets and should not be used in large quantities. They are excellent used as a filling for sweet sandwiches, as dessert accessories, to eat with the breakfast bread and, if made from acid fruit, to serve with some meats. They supply some fruit as well as sweet in the meal.

Preserves

A preserve is a fruit in which a heavy sugar sirup has been absorbed into the tissues of the fruit until they are filled with sirup instead of with water. A good preserved fruit is plump and tender in texture and filled with sweetness. It is bright in color; clear and sparkling.

Cook hard fruits before placing in sirup—Cook hard fruits, such as hard pears, underripe peaches, pineapples, sweet apples, quinces, watermelon-rind or citron, in a small amount of water, or steam them until tender before placing them in a heavy sirup. This makes the fruit soft, so that the sirup can enter the cells of the fruit. If these fruits are not treated in this way, the preserves will be hard and tough instead of plump and tender. Tender fruits such as berries, ripe peaches or cherries may be placed at once in a heavy sirup.

Making the sirup—The amount of sugar used in making the sirup for preserves may vary with the tastes of the individual. About three-fourths pound of sugar and three fourths cup of water to one pound of fruit is used for most fruits. For gooseberries and very tart fruits, a pound to pound proportion of sugar is required. Dissolve the sugar in the water and boil the sirup for five or ten minutes, according to the sweetness desired. If a very rich preserve is to be made, boil sirup until it spins a thread (217° F.), before adding the fruit.

Cook rapidly in sirup—Cook the fruit rapidly in the sirup, and only long enough for the sirup to fill the fruit. Too long cooking gives a dark, stiff product.

When foods have been given a preliminary cooking to make them tender, drain them before adding them to the sirup. The water in

which they were cooked may be used for making the sirup. Place the fruit in the sirup and bring it quickly to the boiling-point; continue the cooking rapidly until the product has a bright, clear, shiny look, showing that the fruit is filled with the clear sirup.

Plumping—If an extra fine quality of preserve is desired, add the fruit to the sirup and heat it only until it bubbles; then set it away in a covered enamel preserving-kettle for several hours, or overnight. Then continue the cooking. In this way, more sirup is absorbed by the fruit. If the amount of extra work entailed is not too exacting, the heating and cooling process may be repeated several times. Pears, peaches, green tomatoes, whole tomatoes, crabapples, citron and melon-rind are especially adapted to plumping. Fruit to be candied should be plumped.

Sealing—The best method of keeping preserves is to seal them in hot clean jars. If molds are prevalent, it may be desirable to hold the jars of preserves in steam or boiling water for ten minutes as an extra precaution against molds. Boil all jars, rubbers, spoons and utensils that are to be used in placing preserves in the jars.

BERRY PRESERVES

Follow recipe for strawberry preserves for all berries except blackberries. Blackberries do not make satisfactory preserves, on account of the large hard seeds.

CHERRY PRESERVES

2 pounds sour cherries,
weighed after stoning

1½ pound sugar

Add the sugar to the stoned cherries and bring them quickly to the boiling-point. Cook rapidly until the fruit is clear, skinning as necessary. Pour at once into clean hot jars and seal.

FIG PRESERVES

4 pounds fresh figs
2 pounds sugar

1 cup water
1 lemon

Wash and peel the figs. Slice the lemon. Boil the sugar and water together for ten minutes, then add the figs and lemon. Cook rapidly until the fruit is clear. Seal in clean hot jars.

PRESERVED GINGER

1 pound fresh ginger roots

1½ cup water

1 pound sugar

Scrub roots of fresh green ginger thoroughly, using a brush. Pare with a very sharp knife, and place the roots at once in cold water. Rinse well and place in fresh cold water. Let stand overnight.

Drain, weigh the ginger, place it in a preserving-kettle, and cover it with cold water. When the water is boiling, skim out the ginger and place it again in cold water. When quite cool, return to the kettle, add more cold water, and when the water is boiling, skim out the ginger and lay in cold water, as before. Do this three times, or until the ginger is tender.

Boil the sugar and water together for ten minutes. Drain the ginger and add it to the sirup. Bring quickly to the boiling-point; remove from the heat and let it stand overnight. Drain off the sirup, let it come to a boil and repeat the first process.

Drain off the sirup again, heat to boiling, add the ginger and simmer until clear. Pour into clean hot jars and seal. It will be ready to use in two weeks.

GOOSEBERRY PRESERVE

1 pound green gooseberries 1¼ pound sugar

Stem the berries, remove the blossom end, and wash the fruit in cold water. Half cover the gooseberries with water and scald the fruit until the skins are soft. Add the sugar to the hot mixture. Bring quickly to the boiling-point and cook until clear. Seal at once in clean hot jars.

GRAPE PRESERVES

4 pounds Concord grapes ½ weight of prepared fruit
½ cup water to each pound in sugar
fruit

Wash and skin the grapes. (They are extra nice if seeded.) Boil the sugar and water ten minutes. Add the fruit and cook until the grapes are clear and the sirup is thick. Pour into hot clean jars and seal.

GREEN-GAGE PRESERVE

¾ pound sugar to each pound of fruit

Place the plums in a wire basket, immerse the basket in boiling water, and when the skins crack and loosen remove the plums from the water and peel them. Place a layer of the fruit in a large earthen jar, sprinkle it with some of the sugar, add another layer of fruit, and one of sugar, and when all is used set the jar aside until the next morning. In the morning, draw off the juice that has formed. Boil it for ten minutes, skimming it as the scum rises. Add the fruit, and cook rapidly until the plums are clear and tender. Skim out the fruit, place on a large platter, and boil the sirup until it coats a spoon, draining into the kettle all that drains from the fruit on the platter. When thick enough, return the fruit to the sirup and bring to a boil. Pour into clean hot jars and seal.

PRESERVED ORANGES

1 pound sugar and 1 cup water to each pound of oranges

Preserved oranges are made of the halved or whole fruit, and furnish a delicious dessert served with whipped cream or custard. They may be served cold or be gently warmed through in their own sirup. They may also be varied, like marmalade, by the addition of other citrus fruits, or of cranberry or barberry sirup.

Wash the oranges, then slightly grate and score the rinds round and round with a sharp knife, taking care not to cut very deep. Put in cold water for three days, changing the water twice a day. Tie the oranges in a cloth and boil until they can be pierced easily with a skewer. While they are boiling, cook the sugar and water for a few moments, then skim and strain through muslin. Remove the oranges from the water, take off the cloth and put them in the sirup. Cook until the sirup jellies. The sirup need not cover the oranges completely, but the fruit must be turned while cooking so that each portion may be cooked in the sirup. Remove the oranges, pack in wide-mouthed pots, and cover with the sirup. Then seal, air-tight.

PEACH PRESERVES

Cling-stone peaches are better than free-stone, for they keep their shape better. Wash, peel, and remove the stones if desired. If the stones are removed, cut the peaches in quarters. Use three-fourths pound of sugar, and three-fourths cup of water to each pound of prepared fruit. Boil the sugar and water for ten minutes. Skim, add the fruit and cook rapidly until it is transparent. Seal in clean hot jars.

PINEAPPLE PRESERVES

Pare the pineapple, and with a sharp, pointed knife extract the eyes; then with a silver fork tear the fruit off the core in pieces of moderate size. Weigh the pulp, then place it in a preserving-kettle and partly cover it with water. Cover the kettle closely. Cook until the pineapple is tender, then drain the pineapple from the water and add to the water three-fourths pound of sugar for each pound of fruit. Cook the sugar and water together until the sirup is thick enough to coat a spoon. Return the fruit to the sirup and cook rapidly until clear. Pour into clean hot jars and seal.

PLUM PRESERVES

6 pounds fruit

4½ pounds sugar

1 cup water

Select small purple plums and be sure they are sound and not over-ripe. Remove the stems, wash the fruit, and pierce each plum with a fork. Place the plums in an earthen bowl or jar, cover them with the

sugar and add the water. Cover the bowl and set in a cool place overnight. Drain the plums, and boil the juice for five minutes. Add the plums and cook until clear. This will take only a few minutes, and care should be taken not to overcook, as the sirup thickens or jellies after standing. Pour into hot, clean jars and seal.

QUINCE PRESERVES

Never cook quinces in sirup before steaming or boiling them in water until tender, as sugar hardens the uncooked fruit.

Scrub the quinces with a stiff brush, wash, pare, core, and quarter, dropping the pieces into cold water to prevent discoloration. Save all the good parings and cores for jelly. Measure the prepared fruit, put it into a preserving-kettle, cover with cold water and cook until the fruit is soft, then skim out and drain. Save the water to be used with the parings, cores, and gnarly fruit for jelly.

Make a rich sirup, allowing three quarts of sugar and three cups of water to four quarts of the prepared fruit. Boil the sirup for five minutes and add the drained quince quarters. Cook rapidly until the fruit is clear. Pour into clean, hot glasses and seal.

Many persons prefer quince preserves made with an equal measure of sweet apple or firm pears. The method of making is the same as for quinces alone.

STRAWBERRY PRESERVES

4 pounds berries

3 pounds sugar

Pick over, wash, and hull the berries. Add the sugar to the strawberries, and heat gently until the sugar dissolves and the juice is drawn from the berries. Cook rapidly until the fruit is plump and transparent and the sirup thick. Pack carefully in clean, hot jars and seal. All berries except blackberries may be made into preserves by this method.

TOMATO PRESERVE

1 pound small, yellow
tomatoes

1 lemon
 $\frac{3}{4}$ pound sugar

Select the small yellow tomatoes that are about the size of small plums. Pour boiling water over them and cover tightly for two minutes, then quickly drain and cover with cold water. This will loosen the skins. Peel the tomatoes, being careful not to break them. If any are found with the skins still unloosened, treat them again with boiling water. Place the sugar and tomatoes in a crock or enamel bowl and let stand overnight. Drain off the juice and boil rapidly until it threads. Add the tomatoes and the thinly sliced lemon. Cook until clear and thick. Seal in clean hot jars.

GREEN-TOMATO PRESERVE

8 pounds green tomatoes 1 tablespoon preserved ginger
6 pounds sugar 6 lemons

Wash the tomatoes, remove any dark parts about the stems, and weigh them. Cover them with boiling water, let them stand five minutes, drain and slice them into a preserving-kettle, placing a layer of the tomatoes, then a layer of sliced lemon, then the sugar with the ginger sprinkled over it. Let the mixture stand overnight. Drain and boil the sirup for ten minutes. Skim, add the tomatoes and cook rapidly until they are clear. Pour into clean, hot jars and seal.

SUN-COOKED PRESERVES

Small fruits like strawberries, raspberries, and currants can be preserved by this process. Wash the fruit, drain thoroughly, pick over and stem, then weigh it. For each pound of fruit, allow one pound of sugar and one cup of water. Add the water to the sugar and cook until the sirup spins a thread. Remove the sirup from the fire. Add the fruit and let it remain in the sirup overnight. With a skimmer remove the fruit from the sirup, and lay it on platters or flat dishes. Cook the sirup again until it threads. Pour the hot sirup over the berries, cover the platter with cheese-cloth or glass and place in the direct sunlight. A glass cover hastens the process. Allow the fruit to stand three or four days in the sunshine, or until the sirup is thick and jelly-like in consistency. Pack in clean jars and seal.

Jams

Jam is made from whole small fruits which are either mashed or cooked to a pulp with a large amount of sugar to form a fruit sweet. Good jam is soft, tender and jelly-like in texture, bright and sparkling in color and of the same consistency throughout the mixture.

Some underripe fruit desirable—Portions of fruit left from canning, or broken fruit, may be used for jam, but at least a portion of the fruit should be underripe. Overripe fruit lacks pectin and some pectin, a jellying substance, is necessary for good jam.

Cook the fruit before adding sugar—In order to develop the pectin substance, the fruit should be cooked for a few minutes before the sugar is added. If the fruit does not have sufficient juice, add just enough water to keep it from burning and cook it in a covered kettle.

Not too much sugar—The best jam is made by using not more than three-fourths pound of sugar to each pound of fruit.

Cook quickly and not too long—After the sugar is added to the fruit, continue the cooking quickly until the jam gives a jelly-like appearance. It should hang in sheets from the spoon or set quickly if

a portion is dropped on a cool plate. It should be tender and jelly-like, not thick and tough. Jam thickens on cooling, and an allowance must be made for this or the jam will be overcooked. Overcooking also darkens the product. It is better to make a small amount of jam at a time. Use enamel or porcelain cooking utensils, if possible.

Stir to prevent burning—Jam is a highly concentrated mass and will burn quickly unless it is stirred from the bottom. Use a wooden spoon and lift the mass from the bottom. It is better to cook jam briskly and watch it carefully for twenty or thirty minutes than to let it simmer for hours for fear of burning.

Seal in hot, clean jars—Jams, like preserves, are safer from molds if they are sealed in hot, clean jars.

BLACKBERRY JAM

Mash the berries, cook them in their own juice until they are thoroughly heated, then press them through a sieve to remove the seeds, which are objectionably large. Measure this pulp and liquid, and for every pint allow one cup of sugar. Add the sugar to the pulp, and cook rapidly until thick, stirring frequently. Pack in clean, hot jars and seal.

FIG JAM

Select soft, ripe, white figs, remove the stems and peel. Mash, add just enough water to prevent scorching and cook until they are soft. Add one and one-third cup of sugar to each pint of figs. Cook rapidly until the mixture is thick and amber colored and has a shiny surface.

RASPBERRY AND CURRANT JAM

1 pound red raspberries $1\frac{1}{4}$ cup currant-juice $3\frac{1}{4}$ pound sugar

Mash the fruit, add the currant-juice, and bring to the boiling-point, stirring well from the bottom. Add the sugar and cook until thick, stirring occasionally. Pack in clean hot jars and seal.

STRAWBERRY JAM

Pick over the berries and remove the hulls. Weigh the fruit and to every pound allow three-fourths pound of sugar. Put the fruit on the fire alone, mashing it as it heats; a wooden potato-masher is best for the purpose. Bring the fruit to a boil, stirring almost constantly and crushing any berries that may remain whole. Add the sugar to the fruit and boil together until thick (not over twenty minutes), stirring well to prevent burning. Pack in clean hot jars and seal.

GOOSEBERRY JAM

Follow general directions for strawberry jam, but boil the fruit alone until the skins are soft, then add the sugar and boil until the mixture is thick. Avoid too long cooking, as the juice will thicken on standing.

GRAPE JAM

Stem the grapes, wash, and press the pulp from the skins. Place the pulp in a kettle, cook until soft, then rub through a sieve to remove the seeds. Cook the skins until soft in just enough water to cover. Combine the two mixtures and boil for five minutes. Measure and allow one cup of sugar to every pint of fruit. Cook until thick, which will take but a few minutes. Pack in clean hot jars and seal.

PEACH JAM

5 pounds peaches

1 cup water

3 pounds sugar

Choose soft peaches that are not desirable for canning. Remove the stones and cut in slices. Put the water in the preserving-kettle and add the peaches. Cover and cook until soft, stirring to prevent sticking. Add the sugar and cook until thick and jelly-like. Pack in clean, hot jars and seal.

RED-RASPBERRY JAM

Pick over the berries and wash them carefully. Weigh, and to each pound of fruit allow three-fourths pound of sugar. Heat the berries gently in a preserving-kettle. When the juice starts, mash with a wooden potato-masher. Add the sugar and cook rapidly until thick and clear. Seal in clean hot jars.

Marmalades

Marmalades are usually made from fruits which have some jelly-making properties, that is, in which both pectin and acid are present. Thin slices of fruit are used and the product shows a clear jelly or jelly-like sirup in which the sliced or cut fruit is suspended. If a fruit is used which lacks these jellifying properties, they are often supplied by adding sliced orange or lemon or by using some tart apple-juice.

Marmalades are prepared in the same way as jams, except that the fruit remains in thin slices or cut portions and is not mashed. They should be clear and sparkling in color.

ORANGE MARMALADE

12 thin-skinned oranges

3 lemons

Wash the fruit and slice it as thin as paper, or grind it fine. For each quart of fruit, add one and one-half quart of water and let the

mixture stand overnight. In the morning cook it slowly until tender, from two to two and one-half hours. Measure the cooked fruit and add an equal amount of sugar. Cook the mixture until it jellies from a spoon (thirty to sixty minutes). Pour it into clean, hot jars and when it is cold, cover it with hot paraffin.

CARROT AND ORANGE MARMALADE

6 carrots
3 oranges

1 lemon
Sugar

Dice the carrots and cook them until they are tender, in as little water as possible. Cut the oranges in small pieces and add the juice and grated rind of the lemon. Measure the carrot and fruit, and add two-thirds as much sugar. Simmer the mixture until it is clear. Turn it into jelly glasses, and when it is cold, cover it with hot paraffin.

AMBER MARMALADE

1 grapefruit
1 orange
1 lemon

3½ quarts water
5 pounds sugar

Wash and wipe the fruit. Cut in paper-thin slices, using a very sharp knife. Add the water and let stand overnight. Cook until the peel is tender and let it stand overnight. Add the sugar and cook until the sirup thickens slightly on a cold dish. Pour into clean jars and seal.

GRAPEFRUIT MARMALADE

1 pound peeled grapefruit
1 quart water

¾ pound sugar
¼ pound grapefruit peel

Wash the fruit and remove the peel in uniform sections. Choose one-fourth pound of peel that is free from blemishes and cut it into thin slices. Cover with water, and boil for ten minutes. Drain, cover with boiling water, and repeat the process four or five times to remove the bitter flavor.

Weigh the pulp and slice it. Cover with the water and boil until very tender. Pour into a flannel jelly-bag, press until no more juice can be obtained, and filter the juice through another clean flannel jelly-bag without pressing. Pour the juice into the kettle, add the sliced peel, and the sugar, and boil rapidly until it reaches the jellying point.

QUINCE AND APPLE MARMALADE

Wash the quinces and remove the blossom end. Cut the fruit in small pieces, add sufficient water to cover it, and cook until it is soft,

Rub it through a sieve, and combine the pulp with an equal measure of tart apple pulp. Use two-thirds as much sugar as pulp. Cook until it is thick and clear (about twenty-five minutes). Turn it into clean, hot glasses and when it is cold cover it with hot paraffin.

RHUBARB MARMALADE

Rhubarb for marmalade should be young and fresh. Cut it into inch lengths without peeling. Weigh it. Allow three-fourths pound of sugar to every pound of rhubarb. Place the sugar and rhubarb in a preserving-kettle, heat it very slowly and boil until thick and clear. Pack in clean hot jars and seal.

Conserves

Conserves, like marmalades, may be made of large or small fruits. They differ from marmalade in that several fruits may be combined and nuts may be added. In this way, it is possible to develop pleasing combinations of flavors and to combine fruits which have good acid or pectin content with fruits that lack these qualities. Conserves are made in the same way as marmalades. When nuts are used, they are added after all the cooking is done, as heat toughens the nut-meats.

CHERRY CONSERVE

3 pints pitted sour cherries	2 $\frac{2}{3}$ cups sugar
1 pint black raspberries	

Combine all the ingredients, and cook until thick and clear.

CRANBERRY CONSERVE—No. 1

1 quart cranberries	2 $\frac{2}{3}$ cups sugar
1 cup water	$\frac{1}{2}$ pound walnut-meats
Juice of 1 orange	

Wash the cranberries and cook them in the water until the berries burst. Add all the remaining ingredients except the nuts and cook until the mixture is thick. Break the nuts into small pieces, add them to the cooked mixture, then pour it into hot, clean glasses and seal.

CRANBERRY CONSERVE—No. 2

2 quarts cranberries	2 lemons
1 cup raisins	6 cups sugar
2 oranges	

Combine the grated rind and juice of the oranges and lemons with the other ingredients and cook until the mixture is thick and clear. Pour into hot clean glasses and seal. This is an excellent relish with game.

CURRANT CONSERVE

5 pints currants
6²/₃ cups sugar.

2 oranges
1 cup chopped English walnuts

Combine the grated rind and juice of the oranges with the currants and sugar and cook until the mixture is thick and clear. Add the nuts, pour into clean, hot glasses and seal.

GRAPE CONSERVE

2 pints grapes
2 oranges
1 cup seeded raisins

2²/₃ cups sugar
1 cup walnut-meats

Wash, stem, and seed the grapes. Slice the oranges very thin, and add to the grapes. Add the raisins and sugar and cook until the mixture is transparent and thick. Add the chopped walnut-meats. Pack while hot in hot, clean jars and seal.

PINEAPPLE CONSERVE

1 quart pineapple pulp and juice
2 oranges

1 lemon
3 cups sugar

Pare the pineapples and put them through the food-chopper. Steam until tender. Add the sugar, grated rind and pulp of the oranges and lemons and cook the mixture rapidly until it is thick. Pour into glasses and seal.

PINEAPPLE AND RHUBARB CONSERVE

1 quart shredded pineapple
4 quarts rhubarb
2 oranges

3¹/₂ quarts sugar
1 cup nut-meats

Cook the pineapple in a covered kettle, with a small amount of water, until tender. Add the rhubarb, juice and grated rind of the oranges, and the sugar, and cook until thick. Add the chopped nuts and seal in clean, hot jars. This makes an excellent filling for sandwiches.

PLUM CONSERVE

2 quarts plums

5¹/₂ cups sugar

1 lemon

Wash and pit the plums. Add a small amount of water and cook in a covered kettle until the skins are soft. Add the sugar, and grated

rind and juice of the lemon, and cook until the mixture is thick and clear. Pack into hot, clean glasses and seal.

Fruit Butters

Fruit butters are among the most wholesome of fruit sweets, as they contain a large amount of fruit to a small amount of sugar. In making butters, the whole fruit is cooked until tender and then rubbed through a sieve. Sugar is added, and spice if desired, and the mixture is cooked until it is smooth and thick. Like jam, it must be carefully watched and should not be overcooked.

GRAPE BUTTER

4 pounds grapes

1 pound sugar

Wash and stem the grapes. Cook in a small amount of water until the skins are soft. Press the pulp through a strainer, to remove seeds and skins. Add the sugar and cook until thick and clear. Pour into hot, clean glasses and seal.

PEACH BUTTER

2 quarts peach pulp

4 cups sugar

1 cup water

Pare, stone, slice and measure the fruit. Place it in the preserving-kettle with the water and heat it very slowly. When it is soft, pass the peaches through a fine sieve, return the pulp to the fire, add the sugar, and cook until thick and clear. Pack in hot, clean jars and seal.

APPLE BUTTER

Wash the apples, and cut them in eighths. Cook them in a small amount of water until they are tender. Put them through a sieve. To each cup of pulp add four tablespoons of sugar and cook the mixture until it is thick. If the apples lack flavor, a small amount of lemon-juice and grated rind may be added. Pour into hot, clean glasses and seal.

APPLE AND PLUM BUTTER

Wash and cut the apples and the plums. Use about three times as many apples as plums. Cook them in a small amount of water until they are tender, then put the cooked fruit through a sieve. To each cup of fruit pulp, add one-third cup of sugar. Cook the butter until it is thick and clear. Pour into hot clean glasses and seal.

OTHER SUGGESTIONS FOR CONSERVES, MARMALADES AND PRESERVES

1. One part peaches, three parts oranges, one part rhubarb, with nut-meats.
2. Equal parts peaches and plums, with nut-meats.
3. Two parts peaches, one part pineapple, one part rhubarb.
4. Equal parts peaches and apricots, with nut-meats.
5. Pears and ginger.
6. Two parts pears, one part orange, and one part pineapple.
7. Two pounds quinces, two oranges.
8. Equal parts grapes and crabapples, with nuts.
9. Equal parts plums and crabapples.
10. Apples with mint and nuts.
11. Two pounds figs, three pounds rhubarb, one lemon, one orange.
12. One part peaches, one part pineapple, one part white grapes with nuts.

JELLY

Jelly is made by combining fruit-juices and sugar in the right proportions and under the right conditions. To be good for jelly, a fruit-juice must contain acid and a substance called pectin; which is the essential jelly-making substance. Some fruits contain acid and pectin in proper proportions for making perfect jelly. With certain other fruit-juices, either acid or pectin has to be supplied by some other fruit, in order to make good jelly. A sour juice makes a more tender jelly than one that contains little acid, and without sufficient pectin the mass will not jelly.

Among the fruit-juices that make good jelly when used alone are apple, crabapple, partly ripe grapes, currants and slightly underripe red raspberries. Such fruits as strawberries, peaches, pears, pine-apples and cherries do not make good jelly when used alone. Currant-juice may be used with an equal measure of rhubarb-juice, with good results in color, texture and flavor. The accompanying table suggests good combinations of fruit-juices.

A perfect jelly is clear, bright and tender, and when cut with a knife or spoon has a clean surface and does not stick to the knife or spoon. When turned from the glass, jelly should hold its shape and should quiver but not break.

How to Make Jelly

Extraction of the juice—Look the fruit over carefully, and remove blossom ends or decayed parts; it is generally not necessary to remove the skins. It is necessary to cook nearly all fruits before extracting the juice. Juicy fruits should be cooked in a small amount of water; such fruits as apples should be covered with water.

Cook the fruit until it is tender, turn it into a jelly-bag and drain it; do not squeeze it but allow it to drip; squeezing gives a cloudy jelly.

Second and third extractions—A second and third extraction may be made from such fruits as crabapples, apples, grapes, currants and quinces by returning the pulp to the preserving kettle after the juice has dripped from it, covering it with water, heating gradually, and allowing it to simmer slowly for thirty minutes. At the end of that time, turn it into a jelly-bag and allow it to drip without squeezing. This juice is usually kept separate from the first extraction and made into jelly by itself.

Pectin is necessary—In making jelly, it is necessary to know in general the proportion of pectin present, as on this depends not only the jelling of the mass but also the amount of sugar that will be required. Tests for pectin are given on the next page.

Alcohol test for pectin—Wood alcohol and denatured alcohol may be used for this test, but they are poison and great care must be exercised, therefore, in using them. After the test is made, *the tested material should be thrown away. Do not taste it.*

Combine one tablespoon of cooked fruit-juice with one tablespoon of alcohol. If there is a large amount of pectin present, it will form a gelatinous (jelly-like) mass; if there is a small amount, it will collect in small flocculent (flaky) particles. The test should be watched carefully, as the pectin may go back into solution in a short time.

Epsom-salts test for pectin—To one tablespoon of cooked fruit-juice, add one teaspoon sugar and one-half tablespoon Epsom salts. Stir the mixture until the salts have dissolved, and let it stand for twenty minutes. If the mixture forms a solid mass or large flocculent particles, the juice will make a satisfactory jelly without added pectin.

Sugar—Probably many of the failures in jelly-making are caused by the addition of too much sugar. Currants, underripe grapes, and wild apples are practically the only fruit-juices that require an equal measure of sugar. Two-thirds as much sugar as juice is a good proportion for most fruits; the table on page 700 gives the proportions of juices and sugar for different kinds of jelly.

Cooking the jelly—In general, not more than two quarts of jelly should be cooked at one time. The capacity of the preserving-kettle should be four or five times as great as the amount of juice to be cooked, as there is a tendency for the juice to boil over.

Measure the juice and boil it rapidly for five minutes, skimming it if necessary. Add the sugar and stir the juice until the sugar is dissolved. Heating the sugar seems to save no time, nor does it seem to improve the quality of the jelly. Cook the juice very rapidly, to obtain a bright, clear product; long, slow cooking gives a dull, dark jelly of inferior texture.

Jelly test—To test the jelly, take up a small amount of the juice in a spoon and allow it to drop from the side of the spoon. When the drops flow together and sheet from the spoon, the jelly is done and should be removed from the heat at once.

Sealing the jelly—Pour the hot juice into clean, hot glasses, filling them to the top. The jelly shrinks as it cools and leaves a space for the paraffin. When the jelly is cold and has set, cover it with hot paraffin.

When fruits lack sufficient pectin—When a fruit-juice, or a combination of fruit-juices, does not contain enough pectin, extracted pectin (see recipes below for apple and orange pectin) may be added, or some commercial form of extracted pectin may be used.

In combining extracted pectin with fruit-juices that are low in pectin, such as rhubarb, strawberry, and cherry, add sufficient pectin to the fruit-juice to give a good pectin test. In general, about half

as much pectin as fruit-juice gives good results. Use two-thirds as much sugar as fruit-juice and pectin combined.

PROPORTIONS OF SUGAR AND FRUIT-JUICE FOR JELLY

	<i>Amount of juice Cups</i>	<i>Amount of sugar Cups</i>
Crabapple.....	1.....	$\frac{2}{3}$
Apple.....	1.....	$\frac{2}{3}$
Blackberry } combined in the following propor-	$\frac{3}{4}$ }	1..... $\frac{2}{3}$
Apple } tions.....	$\frac{1}{4}$ }	
Currant.....	1.....	$\frac{3}{4}$ to 1
Gooseberry (green).....	1.....	1
Grape (underripe).....	1.....	$\frac{3}{4}$ to 1
Blueberry.....	1.....	$\frac{2}{3}$
Apple } combined in the following proportions..	$\frac{1}{2}$ }	1..... $\frac{2}{3}$
Cherry }	$\frac{1}{2}$ }	
Apple } combined in the following proportions	$\frac{1}{2}$ }	1..... $\frac{2}{3}$
Rhubarb }	$\frac{1}{2}$ }	
Apple } combined in the following proportions	$\frac{1}{3}$ }	1..... $\frac{2}{3}$
Blueberry }	$\frac{1}{3}$ }	
Rhubarb }	$\frac{1}{3}$ }	
Apple } combined in the following pro-	$\frac{1}{2}$ }	1..... $\frac{2}{3}$
Black Raspberry } portions.....	$\frac{1}{2}$ }	
Apple } combined in the following proportions..	$\frac{1}{2}$ }	1..... $\frac{2}{3}$
Quince }	$\frac{1}{2}$ }	
Apple } combined in the following proportions	$\frac{1}{2}$ }	1..... $\frac{2}{3}$
Pineapple }	$\frac{1}{2}$ }	
Apple } combined in the following proportions..	$\frac{1}{2}$ }	1..... $\frac{2}{3}$
Peach }	$\frac{1}{2}$ }	
Apple } combined in the following propor-	$\frac{1}{2}$ }	1..... $\frac{2}{3}$
Strawberry } tions.....	$\frac{1}{2}$ }	
Apple } combined in the following proportions	$\frac{1}{3}$ }	1..... $\frac{3}{4}$
Quince }	$\frac{1}{3}$ }	
Cranberry }	$\frac{1}{3}$ }	
Apple } combined in the following proportions	$\frac{1}{2}$ }	1..... $\frac{3}{4}$
Blueberry }	$\frac{1}{2}$ }	

APPLE PECTIN

Remove the blossom ends from the apples. Cut them in small pieces, but do not remove the cores and skin. Weigh the fruit, and to one pound of fruit add the juice of one lemon and four pints of

cold water. Cook the mixture, covered, for forty-five minutes. Turn it into a jelly-bag and drain it without pressing the bag. Boil the juice for five minutes. If the juice is not to be used immediately, seal it in clean, hot jars.

ORANGE PECTIN

Grate or cut the yellow part from the peel of the orange. Remove the white portion and put it through a food-chopper. Weigh the white peel, and to one-half pound of peel add four tablespoons lemon-juice and four cups of cold water. Let this mixture stand for two or three hours. Add four cups of water and bring the mixture slowly to the boiling-point. Boil it, covered, for ten minutes. Allow it to stand overnight. Boil it again for fifteen minutes, cool it, and strain it through a jelly-bag.

If the pectin is not to be used immediately, pour it into clean jars, process for thirty minutes in the hot-water bath (see Index) and seal it.

Recipes for Making Jelly

The directions for making jelly given on the previous pages may be used in making all jellies. Special directions are given for a few jellies of unusual characteristics.

BARBERRY JELLY

Gather the berries just before the first frost. Remove the stems, wash and measure the berries, and to every two quarts allow one pint of water. Cook until the berries are soft, take from the fire, drain, and measure the juice. To each cup of juice allow one cup of sugar, for barberries require more sugar than most fruits. Boil the juice for five minutes, add the sugar and cook until it gives the jelly test; then turn into hot, clean glasses. When cool cover with paraffin.

CRANBERRY JELLY

4 cups cranberries 2 cups sugar 1 cup boiling water

Pick over and wash the cranberries. Place them in a saucepan, pour the boiling water over them and boil for twenty minutes. Press through a sieve, stir in the sugar, return to the fire, and cook for five minutes longer, or until it sheets from the spoon. Turn into fancy molds or individual cups. When cold, unmold and serve. The jelly may be placed in clean, hot jars and sealed for future use.

GRAPE JELLY

The general directions for jelly may be followed in making the grape-juice for the jelly.

A peculiarity of grape jelly is its tendency to crystallize on standing. One cup of tart apple, diced, added to one quart of grapes while they are cooking will prevent the crystals from forming; or half as much apple-juice may be combined with the grape-juice. The flavor of the apple is not apparent and the texture of the jelly is improved.

A spray of mint may be added to the grape jelly for flavor

LOQUAT JELLY

Wash the loquats carefully, remove the blossom end, and cut the fruit in half. Put the fruit in a preserving-kettle and add water to cover. Cook gently till the loquats are tender. Strain and measure the juice. Bring to the boiling-point, boil five minutes, and add three-fourths of a cup of sugar for each cup of juice. Boil until the jelly point is reached, strain, and pour into hot clean glasses. When cool, cover with hot paraffin.

MINT JELLY

Wash the mint and chop it fine. To each cup of chopped mint add one-fourth cup sugar and one-fourth cup water and let it stand overnight or for several hours. Place it over the heat and bring it to the boiling-point.

Make apple jelly, using two-thirds cup sugar to each cup of apple-juice. When the jelly test is observed, add green vegetable coloring and one or two tablespoons of the prepared mint for each quart of apple-juice.

QUINCE JELLY

Quinces require long cooking to become tender. They may be cooked in the fireless cooker or under steam pressure; in both cases they acquire a rich, dark red color. Quinces have too little acid and too much pectin to make a desirable jelly when the juice is used alone. An equal amount or twice as much tart apple improves the flavor. Equal parts of cranberry, quince, and apple-juice give a jelly of rich red color and delicious flavor.

Cut the quinces in small pieces, add sufficient water to float them and cook them until they are tender. Drain off the juice. Use two-thirds as much sugar as fruit-juice. Proceed according to the directions for making jelly. The pulp may be used for conserve or butter.

If the quinces are to be cooked in a fireless cooker, boil them for five minutes in sufficient water to cover them and cook them on a hot radiator in the fireless cooker for five hours. Thus cooked, they are tender enough to rub through a strainer, and they have a deep rich color.

If the quinces are to be cooked in a steam pressure cooker, cover them with water, place them without previous heating in the cooker and cook them for thirty-five minutes under ten pounds of pressure. Thus cooked, they are tender enough to rub through a strainer and have a darker, richer color than when prepared in a fireless cooker.

ROSELLE JELLY

2 cups roselle-juice $1\frac{1}{2}$ cup sugar 2 teaspoons lemon-juice

Wash roselles, cover them with water and cook until they are tender. Strain, measure the juice, boil it for five minutes, and add sugar and lemon-juice in the proportion given above. Cook until it sheets from the spoon. Skim, and pour into hot, clean glasses. When cool, cover with paraffin.



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DRYING FRUITS AND VEGETABLES

Dehydration, or the removal of moisture from fruits and vegetables by drying, preserves the food because the micro-organisms and substances which cause food to spoil can not grow and carry on their activities without sufficient moisture.

Dried products can be stored in inexpensive boxes, tins, and paper bags, and will keep for a long time if properly treated. The dried products shrink from one-fourth to one-tenth, and therefore they require small storage space. Vegetables and fruits, if properly dried, retain much of their natural flavor and food value. In some cases, they are more palatable than when canned; in others, less palatable. Sometimes, drying involves more time and labor in preserving the food and in preparing it for later use than canning does.

Foods That Can be Dried

All fruits and vegetables that ordinarily are canned can be dried if climatic conditions are favorable and suitable apparatus is available. It does not seem advisable to dry such foods as potatoes, turnips, and onions, which can be stored.

Sweet corn is especially appetizing when dried. Green peas, green string beans, Lima beans, beets, young carrots, squash, pumpkin, asparagus, okra, cauliflower, cabbage, spinach, celery and green peppers, all dry satisfactorily.

To dry tomatoes, it is best to make tomato paste and dry the paste (See page 731). This may be used for flavoring soups, sauces, and gravies.

Raspberries, strawberries and loganberries can be successfully dried, but blackberries are likely to be tough and seedy.

Apples, apricots, figs, peaches, pears, prunes, plums and cherries are easily dried and keep well.

How to Dry Foods

1. In a suitable climate, where hot, dry weather and sunlight prevail for days in succession, food may be successfully dried in the open air and sunlight.

2. If a good circulation of air is provided to carry off the moisture, food may be dried by the heat from an oven or from the top of a stove or radiator.

3. The moisture in food may be evaporated and the food dried by air blasts from an electric fan.

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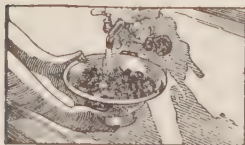
Many recipes for local fruits not contained in this book may be obtained by writing to Elizabeth Palmer, General Foods, 250 Park Ave., New York, N. Y. Be sure to mention fruits for which recipes are desired.

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THE STEPS TO FOLLOW



1. Prepare Fruit: Select fully ripe fruit. Wash and prepare exactly as recipe directs. If fruit lacks tartness add $\frac{1}{4}$ cup lemon juice when adding sugar. For separating juice for jelly, use 1-yard square of Canton flannel, spread over colander. Place prepared fruit in cloth, bring corners together and twist while pressing down on bag. To make jellies from dripped juice, use twice amount of fruit called for in recipe.



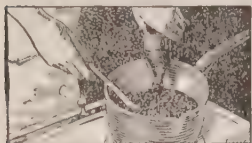
2. Prepare Glasses: Wash, scald, and drain the glasses and tin covers needed, and melt paraffin in a small pot over hot water while making jelly or jam. Use new paraffin; old paraffin often causes spoilage. If tin covers are not available, cut out circles of paper to paste over tops of glasses.



3. Measure Exactly: For both fruit and sugar, use a standard measuring cup, holding $\frac{1}{2}$ pint of liquid or 7 ounces of sugar, level full; or weigh both with scales. To measure fruit for jam, pack solidly into cup until juice and fruit come to top. If there is a slight shortage, fill last cup, or fraction of cup, with water. If not quite enough juice for jelly, mix water with pulp in jelly bag and squeeze again.



4. Cook Rapidly: For quickest jelly making, use an aluminum kettle or saucepan—6 to 8 quart size. The kettle or saucepan should be less than one half full of sugar and fruit to permit a *full rolling boil*, a boil which cannot be stirred down. Use hottest flame. If fire is slow, keep kettle covered after sugar is dissolved until mixture comes to a boil. Stir while coming to a boil, and while boiling.



5. Add Certo: For jelly, add *Certo* as soon as fruit juice and sugar mixture comes to a boil; then bring to a full rolling boil and boil hard for exact time stated in the recipe, stirring constantly. For jam, cook fruit and sugar mixture at full rolling boil, stirring constantly, for exact time specified; then *remove from fire and stir in Certo*. Time boil by the clock.



6. Skim, Pour, Paraffin: Skim jelly and pour directly from the kettle into the clean, freshly scalded glasses. Cool jam, if directed, and ladle into glasses, stirring occasionally in the kettle to distribute fruit. Leave $\frac{1}{2}$ -inch space at top of each glass. Cover at once with $\frac{1}{8}$ inch of hot paraffin. When cool, cover glasses with scalded tin covers or tightly pasted paper covers. Be sure to store in a cool, dry place.

TO MAKE JELLY and JAM TOGETHER

The recipes on this page and the next show how to make both jelly and jam from the same batch of fruit. Here is the very latest short-cut in jelly making applied to the two most popular fruits—strawberries and grapes.

STRAWBERRY JELLY AND JAM

To prepare fruit, place 5 quarts uncrushed strawberries in kettle. Mix $\frac{1}{2}$ cup sugar with fruit. This sugar is in addition to that specified below. Cover kettle and heat gently until juice starts to flow, then bring *just to the simmering point*. Separate juice from pulp by placing hot fruit in colander or sieve. *For Jelly:* Run enough juice through a double layer of cheesecloth held in a small sieve to give 4 cups of strawberry juice. Squeeze and strain juice from 1 medium lemon. *For Jam:* Use strawberries from which the juice has drained. Use the excess juice to fill up last cup.

SPARKLING STRAWBERRY JELLY

4 cups (2 lbs.) berry juice

2 tablespoons lemon juice 8 cups (3½ lbs.) sugar
1 bottle Certo

Measure sugar and juice, prepared as above, into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard $\frac{1}{2}$ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 12 glasses (6 fluid ounces each).

WHOLE STRAWBERRY JAM

4 cups (2 lbs.) strawberries

7 cups (3 lbs.) sugar ½ bottle Certo

Measure sugar and strawberries, prepared as above, into large kettle, mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in Certo. Pour quickly. Paraffin at once. Makes about 10 glasses (6 fluid ounces each).

CONCORD GRAPE JELLY AND BUTTER

To prepare fruit, stem about 5 pounds fully ripe grapes and crush thoroughly. Add $\frac{1}{2}$ cup water, cover, and simmer 5 minutes. Separate juice from pulp by placing hot fruit in 2-quart sieve. *For Jelly:* Run enough juice through a double layer of cheesecloth held in a small sieve to obtain 4 cups of strained juice. *For Butter:* Rub grapes, from which juice has drained, through sieve to obtain $4\frac{1}{2}$ cups pulp. Use the excess juice or water if necessary to fill up last $\frac{1}{2}$ cup.

CONCORD GRAPE JELLY

4 cups (2 lbs.) juice

$7\frac{1}{2}$ cups ($3\frac{1}{4}$ lbs.) sugar **$\frac{1}{2}$ bottle Certo**

Measure sugar and juice, prepared as above, into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard $\frac{1}{2}$ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

CONCORD GRAPE BUTTER

$4\frac{1}{2}$ cups ($2\frac{1}{4}$ lbs.) pulp

7 cups (3 lbs.) sugar **$\frac{1}{2}$ bottle Certo**

Measure sugar and grape pulp, prepared as above, into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

RED CURRANT JELLY

5 cups ($2\frac{1}{2}$ lbs.) juice

7 cups (3 lbs.) sugar **$\frac{1}{2}$ bottle Certo**

To prepare juice, crush about 4 pounds fully ripe fruit. Add 1 cup water, bring to a boil, cover, and simmer 10 minutes. Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard $\frac{1}{2}$ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

STRAWBERRY JELLY

BLACKBERRY JELLY

4 cups (2 lbs.) berry juice

2 tablespoons lemon juice

8 cups (3½ lbs.) sugar 1 bottle Certo

To prepare juice, crush thoroughly or grind about 3 quarts fully ripe berries. Place in jelly cloth or bag and squeeze out juice. Squeeze and strain juice from 1 medium lemon. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 12 glasses (6 fluid ounces each).

RED RASPBERRY JELLY

LOGANBERRY JELLY

4 cups (2 lbs.) juice

7½ cups (3¼ lbs.) sugar 1 bottle Certo

To prepare juice, crush thoroughly or grind about 3 quarts fully ripe berries. Place in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

SOUR CHERRY JELLY

3½ cups (1¾ lbs.) juice

7 cups (3 lbs.) sugar 1 bottle Certo

To prepare juice, stem and crush about 3 pounds fully ripe cherries. Do not pit. Add ½ cup water, bring to a boil, cover, and simmer 10 minutes. (For stronger cherry flavor, add ¼ teaspoon almond extract before pouring.) Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 10 glasses (6 fluid ounces each).

ELDERBERRY JELLY

BLACK RASPBERRY JELLY

3 cups (1½ lbs.) berry juice

½ cup lemon juice

7½ cups (3¼ lbs.) sugar 1 bottle Certo

To prepare juice, remove larger stems from about 4 pounds fully ripe berries; place in kettle and crush. Heat gently until juice starts to flow, then simmer, covered, 15 minutes. Place in jelly cloth or bag and squeeze out juice. Squeeze and strain juice from 4 medium lemons. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 10 glasses (6 fluid ounces each).

RED RASPBERRY AND CURRANT JELLY

4½ cups (2¼ lbs.) juice

7 cups (3 lbs.) sugar ½ bottle Certo

To prepare juice, crush thoroughly about 1½ pounds fully ripe currants. Add ¼ cup water, bring to a boil, and simmer, covered, for 10 minutes. Crush thoroughly 1½ quarts fully ripe raspberries. Place fruits in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan; mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

RHUBARB JELLY

3½ cups (1¾ lbs.) juice

7½ cups (3¼ lbs.) sugar 1 bottle Certo

To prepare juice, cut about 3 pounds of fully ripe red-stalked rhubarb into 1-inch pieces and put through food chopper. Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

GRAPE JELLY

4 cups (2 lbs.) juice

7½ cups (3½ lbs.) sugar **½ bottle Certo**

To prepare juice, stem about 3 pounds fully ripe grapes and crush thoroughly. Add ½ cup water, bring to a boil, cover, and simmer 10 minutes. Place fruit in jelly cloth or bag and squeeze out juice. (Concord grapes give best color and flavor. If Malagas or other tight-skinned grapes are used, use 2½ cups grape juice, and add juice of 2 medium lemons.) Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

GRAPE JELLY FROM BOTTLED JUICE

2 cups (1 lb.) juice

3½ cups (1½ lbs.) sugar **½ bottle Certo**

Mix the sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 5 glasses (6 fluid ounces each).

PLUM JELLY

RIPE PRUNE JELLY

4 cups (2 lbs.) juice

7½ cups (3½ lbs.) sugar **½ bottle Certo**

To prepare juice, crush thoroughly 4 pounds fully ripe fruit. Do not peel or pit. Add 1 cup water, bring to a boil, cover, and simmer 10 minutes. Place in jelly cloth or bag; squeeze out juice. (Sour, cling stone plums make best jelly. If sweet plums or free stone prunes are used, substitute 1½ cup strained lemon juice for ½ cup of the plum juice specified.) Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

JELLY FROM CANNED FRUIT JUICE

Use *unsweetened* juice. Follow recipe for jelly made from fresh fruit, substituting $\frac{1}{4}$ cup strained lemon juice for $\frac{1}{4}$ cup of the fruit juice specified. For fresh fruit jelly recipes, see Index to Jelly Recipes (page 2).

JAM FROM CANNED FRUIT

Use *unsweetened* fruit. Follow recipe for jam made from fresh fruit, substituting $\frac{1}{4}$ cup lemon juice for $\frac{1}{4}$ cup of the prepared fruit specified. For fresh fruit jam recipes, see Index to Jam Recipes (page 3).

PEACH JELLY

3 cups ($1\frac{1}{2}$ lbs.) juice

$6\frac{1}{2}$ cups ($2\frac{3}{4}$ lbs.) sugar 1 bottle Certo

To prepare juice, remove pits from about $3\frac{1}{2}$ pounds peaches. Do not peel. Crush peaches thoroughly. Add $\frac{1}{2}$ cup water, bring to a boil, cover, and simmer 5 minutes. Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard $\frac{1}{2}$ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 9 glasses (6 fluid ounces each).

APPLE JELLY (From Fresh, Tart Apples)

CRABAPPLE JELLY

5 cups ($2\frac{1}{2}$ lbs.) juice

$7\frac{1}{2}$ cups ($3\frac{1}{4}$ lbs.) sugar $\frac{1}{2}$ bottle Certo

To prepare juice, remove blossom and stem ends from about $3\frac{1}{2}$ pounds fully ripe fruit, and cut apples in small pieces. Do not peel or core. Add 3 cups water, cover, and simmer 10 minutes. Crush with masher, and simmer, covered, 5 minutes longer. (With soft, very sweet apples, add juice of 1 lemon to prepared juice before measuring.) Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard $\frac{1}{2}$ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 12 glasses (6 fluid ounces each).

FRESH MINT JELLY

1 cup (4 oz.) spearmint leaves and stems, packed
½ cup apple vinegar
3½ cups (1½ lbs.) sugar
½ bottle Certo
1 cup water
green coloring

Wash spearmint. Measure into 3-quart saucepan and press with wooden potato masher or glass. Add vinegar, water, and sugar and mix. Bring to a boil over hottest fire. While mixture is coming to a boil, add coloring. Use coloring which fruit acids do not fade. As soon as mixture boils, add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire and skim. Strain hot jelly into glasses. Paraffin at once. Makes about 5 glasses (6 fluid ounces each).

Or omit mint leaves and add ½ to 1½ teaspoons spearmint extract after jelly is removed from fire.

BOYSENBERRY JELLY

4 cups (2 lbs.) juice
7½ cups (3¼ lbs.) sugar
1 bottle Certo

To prepare juice, crush thoroughly or grind about 3 quarts fully ripe berries. Place in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once. Makes about 11 glasses (6 fluid ounces each).

BLUEBERRY AND SOUR CHERRY JELLY

3½ cups (1¾ lbs.) juice
7 cups (3 lbs.) sugar
1 bottle Certo

To prepare juice, crush about 1 quart fully ripe blueberries. Stem and crush about 2 pounds fully ripe cherries. Do not pit. Add ¼ cup water, bring to a boil, and simmer covered, 10 minutes. Place fruits in jelly cloth and squeeze out juice. Measure sugar and juice into large saucepan, mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes 10 glasses (6 fluid ounces each).

QUINCE JELLY

4½ cups (2¼ lbs.) juice
7½ cups (3¼ lbs.) sugar **½ bottle Certo**

To prepare juice, remove cores, blossom and stem ends from about 3 pounds fully ripe quinces. Do not peel. Grind fine and add 4½ cups water. Simmer, covered, 15 minutes. Place in jelly cloth; squeeze out juice. (If fruit lacks tartness, add 2 tablespoons lemon juice to quince juice.) Measure sugar and juice into large saucepan; mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes 11 glasses (6 fluid ounces each).

QUINCE AND CRANBERRY JELLY

4½ cups (2¼ lbs.) juice
7 cups (3 lbs.) sugar **½ bottle Certo**

To prepare juice, remove cores, blossom and stem ends from about 1½ pounds fully ripe quinces. Do not peel. Grind fine; add 1 pound fully ripe cranberries and 4½ cups water; bring to a boil, and simmer, covered, 15 minutes. Place fruits in jelly cloth and squeeze out juice. Measure sugar and juice into large saucepan; mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes 11 glasses (6 fluid ounces each).

GUAVA JELLY

4 cups (2 lbs.) juice
7 cups (3 lbs.) sugar **½ bottle Certo**

To prepare juice, slice thin 3 pounds fully ripe guavas. Add 3½ cups boiling water and crush thoroughly 5 minutes. Place in jelly bag; squeeze out juice. (Strawberry guavas give best color and flavor. If Pineapple guavas are used, substitute ½ cup lemon juice for ½ cup of prepared juice specified.) Measure sugar and juice into large saucepan; mix. Bring to a boil over hottest fire, and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes 10 glasses (6 fluid ounces each).

WILD CHERRY JELLY

CHOCHECHERRY JELLY

3 cups (1½ lbs.) juice
6½ cups (2¾ lbs.) sugar **1 bottle Certo**

To prepare juice, stem about 3 pounds fully ripe cherries. Add 3 cups water. Bring to a boil, cover, and simmer 15 minutes. (For strong cherry pit flavor, add 4 tablespoons crushed pits during simmering, or ¼ teaspoon almond extract before pouring.) Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 9 glasses (6 fluid ounces each).

RHUBARB AND STRAWBERRY JELLY

4 cups (2 lbs.) juice
8 cups (3½ lbs.) sugar **1 bottle Certo**

To prepare fruit, cut about 1 pound fully ripe rhubarb in 1 inch pieces and put through food chopper. Crush thoroughly or grind about 2 quarts fully ripe strawberries. Combine fruits; place in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes 12 glasses (6 fluid ounces each).

CURRENT AND STRAWBERRY JELLY

4½ cups (2¼ lbs.) juice
7½ cups (3¼ lbs.) sugar **½ bottle Certo**

To prepare juice, crush thoroughly about 1½ pounds fully ripe currants. Add ½ cup water, bring to a boil, cover, and simmer 10 minutes. Crush thoroughly or grind about 1½ quarts fully ripe strawberries. Combine fruits; place in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

RIPE APRICOT JELLY

3½ cups (1¾ lbs.) juice **7 cups (3 lbs.) sugar**

½ cup lemon juice **1 bottle Certo**

To prepare juice, pit (do not peel) about 5 pounds fully ripe apricots. Add $\frac{3}{4}$ cup water, bring to a boil, and simmer uncovered, 20 minutes. Place in jelly cloth or bag and squeeze out juice. Squeeze and strain juice from 2 medium lemons. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard $\frac{1}{2}$ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

YOUNGBERRY JELLY

4 cups (2 lbs.) berry juice **8 cups (3½ lbs.) sugar**

2 tablespoons lemon juice **1 bottle Certo**

To prepare juice, crush thoroughly or grind about 3 quarts fully ripe berries. Place in jelly cloth or bag and squeeze out juice. Squeeze and strain juice from 1 medium lemon. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard $\frac{1}{2}$ minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once. Makes about 12 glasses (6 fluid ounces each).

RIPE PINEAPPLE JELLY

3 cups (1½ lbs.) juice

6½ cups (2¾ lbs.) sugar **1 bottle Certo**

To prepare juice, pare 2 medium, fully ripe pineapples. Chop very fine or grind. Place in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard $\frac{1}{2}$ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 9 glasses (6 fluid ounces each).

GRAPEFRUIT JELLY

3½ cups (1¾ lbs.) juice
7 cups (3 lbs.) sugar **1 bottle Certo**

To prepare fruit, grate rind from 4 medium grapefruit, and squeeze out juice. Add juice to grated rind and let stand for 10 minutes. Press juice through small cloth. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 10 glasses (6 fluid ounces each).

LIME JELLY

¾ cup (⅜ lb.) juice **1¾ cups water**
4 cups (1¾ lbs.) sugar **Green coloring**
 ½ bottle Certo

To prepare fruit, grate rind from 5 limes and squeeze juice from 8 to 10. Add juice to grated rinds and let stand 10 minutes. Press juice through small cloth. Measure sugar, juice, and water into large saucepan and mix. Bring to a boil over hottest fire. While mixture is coming to a boil, add coloring to give desired shade. Use coloring which fruit acids do not fade. As soon as mixture boils, add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire and skim. Pour quickly. Paraffin at once. Makes 6 glasses (6 fluid ounces each).

POMEGRANATE JELLY

4 cups (2 lbs.) juice
7½ cups (3¼ lbs.) sugar **1 bottle Certo**

To prepare juice, separate and crush the edible portion of 10 to 12 fully ripe pomegranates. Do not remove seeds. Place fruit in jelly cloth or bag and squeeze out juice. If there is a shortage of juice, add a small amount of water to pulp and drip through jelly bag to obtain required amount. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once. Makes about 11 glasses (6 fluid ounces each).

IMPORTANT DO'S AND DON'TS FOR JELLY MAKERS

DON'T—double Certo recipes. Better color and flavor and more certain results are obtained from single batches.

DO—use fully ripe fruit of the best possible color and flavor. Taste fruit, and if it lacks tartness, add the juice of 2 medium lemons ($\frac{1}{4}$ cup) when adding sugar.

DO—prepare fruit exactly as the recipes direct. Do not simmer before crushing or squeezing unless recipes specify cooking. For crushing fruit, a food chopper is convenient.

DO—measure both fruit and sugar exactly with the same standard measuring cup, level full; or weigh both. A standard measuring cup holds $\frac{1}{2}$ pint of liquid or 7 ounces of sugar.

DO—use a large enough kettle so that your mixture has room enough to boil *hard*. A kettle of 6- to 8-quart capacity is recommended. If the 6-quart size is used for jam, add $\frac{1}{4}$ teaspoon butter with sugar to reduce foaming.

DON'T—confuse a gentle simmering boil with the *full rolling boil* specified in Certo recipes. A full rolling boil is a high, tumbling boil that cannot be stirred down.

DO—time the full rolling boil by the clock.

DO—cool jams before pouring, as directed, and stir them while they are cooling. This helps to prevent floating fruit.

DON'T—expose jellies and jams to dust or dampness after they are made. Spoilage is caused by the growth of yeast and mold plants, which are usually carried by dust. Use clean glasses, new paraffin, and clean covers. Paraffin hot jelly and jam at once. Fill glasses only to within $\frac{1}{2}$ inch of top, so that there will be a space between the paraffin and the tin or paper cover. Store jelly and jam in a cool, dry place.

DON'T—judge the texture of your jellies or jams too hastily. Certo recipes are designed to give an ideal set at the time they are most apt to be used. Many grow progressively firmer for a week to a month after they are made.

DO—write to Elizabeth Palmer, General Foods, 250 Park Avenue, New York, N. Y., if you need to remake a batch of jelly or jam. Send copy of the recipe used and sample ($\frac{1}{2}$ cup). Sample will be tested and remaking directions sent to you.

NOTE: To pack sample for mailing, put $\frac{1}{2}$ cup of sample in a screw-top container. Label with name of sample and your name and address. Wrap well in paper and put in a cardboard box, large enough to permit packing securely with crumpled newspaper. Address to Elizabeth Palmer.

CRUSHED STRAWBERRY JAM BLACKBERRY JAM

4 cups (2 lbs.) prepared fruit
7 cups (3 lbs.) sugar ½ bottle Certo

To prepare fruit, grind about 2 quarts fully ripe berries, or crush completely one layer at a time so that each berry is reduced to a pulp. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin at once. Makes about 10 glasses (6 fluid ounces each).

SLICED STRAWBERRY JAM

4½ cups (2 lbs.) prepared fruit
7 cups (3 lbs.) sugar ½ bottle Certo

To prepare fruit, cut about 2 quarts fully ripe berries in halves lengthwise; large berries in quarters. Measure sugar and prepared fruit into large kettle, packing fruit into cup; mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly to prevent floating fruit. Pour quickly. Paraffin at once. Makes about 10 glasses (6 fluid ounces each).

RED RASPBERRY JAM LOGANBERRY JAM

4 cups (2 lbs.) prepared fruit
6½ cups (2¾ lbs.) sugar ½ bottle Certo

To prepare fruit, crush or grind about 2 quarts fully ripe berries. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin at once. Makes about 10 glasses (6 fluid ounces each).

New Certo Users: Read carefully pages 4, 5, 17, 18, 30, 31

RED CURRANT JAM

GOOSEBERRY JAM

4 cups (2 lbs.) prepared fruit
7½ cups (3¼ lbs.) sugar **½ bottle Certo**

To prepare fruit, crush thoroughly or grind about 2 pounds fully ripe fruit. Add ½ cup water; bring to a boil, and simmer, covered, 15 minutes. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

SPICED CURRANT RELISH

4 cups (2 lbs.) prepared fruit
7½ cups (3¼ lbs.) sugar **½ bottle Certo**

To prepare fruit, crush thoroughly or grind about 2 pounds fully ripe currants. Add 1 teaspoon cloves and 1 teaspoon cinnamon, ¼ cup water and ¼ cup vinegar; stir until mixture boils. Simmer, covered, 10 minutes. Measure sugar into large kettle. Add prepared fruit, filling up the last cup with water if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim, pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

PEACH JAM

PEAR JAM

3¼ cups (1¾ lbs.) prepared fruit
7½ cups (3¼ lbs.) sugar **1 bottle Certo**

To prepare fruit, peel about 2½ pounds fully ripe fruit. Grind or chop very fine. If desired, about 3 teaspoons spice may be added. Measure sugar and prepared fruit, tightly packed, into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove kettle from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool jam slightly, to prevent floating fruit. Pour quickly. Paraffin at once. Makes about 10 glasses (6 fluid ounces each).

FRESH PINEAPPLE JAM

4 cups (2 lbs.) prepared fruit
7 cups (3 lbs.) sugar 1 bottle Certo

To prepare fruit, pare 2 medium fully ripe pineapples. Chop very fine or grind, using finest knife of food chopper. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

RHUBARB JAM

3 cups (1½ lbs.) prepared fruit
5 cups (2¼ lbs.) sugar ½ bottle Certo

To prepare fruit, slice fine or chop about 2 pounds rhubarb. Do not peel. Red stalked rhubarb gives the best color. Add 1 cup sugar; let stand 15 minutes. This cup of sugar is in addition to the 5 cups specified above. If desired, add 1 teaspoon ginger or other spice. If stalks are not red, red coloring may be added. Measure sugar and prepared fruit into large kettle. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in Certo. Skim and pour quickly. Paraffin at once. Makes about 8 glasses (6 fluid ounces each).

RED RASPBERRY AND CURRANT JAM

4½ cups (2¼ lbs.) prepared fruit
7 cups (3 lbs.) sugar ½ bottle Certo

To prepare fruit, crush about 1½ pounds fully ripe currants. Remove seeds and skins by sieving. Crush about 1 quart fully ripe raspberries. Combine fruits. Measure sugar into large kettle. Add prepared fruit, filling up the last cup with water if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Then remove kettle from fire and stir in Certo. Skim; pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

RIPE APRICOT JAM

3 cups (1 ½ lbs.) prepared fruit
¼ cup lemon juice 7 cups (3 lbs.) sugar
½ bottle Certo

To prepare fruit, pit about 2 pounds fully ripe apricots, cut into small pieces, and crush thoroughly or grind. Do not peel. Squeeze juice of 2 medium lemons. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin at once. Makes about 9 glasses (6 fluid ounces each).

DRIED APRICOT JAM

4 cups (2 lbs.) prepared fruit
7 cups (3 lbs.) sugar 1 bottle Certo

To prepare fruit, add 3 ½ cups water and juice of 1 lemon to ½ pound apricots. Cover, let stand 4 hours or overnight. Drain, grind or chop fine, and mix with juice. Measure sugar into large kettle, add prepared fruit, filling up hot cup with water if necessary. Mix well, bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Then remove kettle from fire and stir in Certo. Skim; pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

GRAPE JAM

4 ½ cups (2 ¼ lbs.) prepared fruit
7 cups (3 lbs.) sugar ½ bottle Certo

To prepare fruit, slip skins from about 3 pounds fully ripe grapes. Simmer pulp, covered, 5 minutes. Remove carefully by sieving. Chop or grind skins and add to pulp. (Concord grapes give best color and flavor. If seed grapes, Malagas, or other tight-skinned grapes are used, stem, crush, and simmer with ½ cup water 30 minutes. Sieve and measure. Use 4 cups prepared fruit and add juice of 2 medium lemons.) Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

RIPE FIG JAM

4 cups (2 lbs.) prepared fruit
8 cups (3½ lbs.) sugar 1 bottle Certo

To prepare fruit, remove stem ends from about 2 pounds fully ripe figs. Crush thoroughly or grind. Add juice of 2 medium lemons. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin at once. Makes about 12 glasses (6 fluid ounces each).

DRIED FIG JAM

3 cups (1¾ lbs.) prepared fruit
5 cups (2¼ lbs.) sugar 1 bottle Certo

To prepare fruit, chop fine ¾ pound stemmed stewing figs. Add 2 cups water and juice of 2 medium lemons; mix. Measure sugar into large kettle, add prepared fruit, filling up the last cup with water if necessary. Mix well, bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Then remove kettle from fire and stir in Certo. Pour quickly. Paraffin at once. Makes about 9 glasses (6 fluid ounces each).

PLUM JAM

RIPE PRUNE JAM

4 cups (2 lbs.) prepared fruit
7½ cups (3¼ lbs.) sugar ½ bottle Certo

To prepare fruit, pit about 2½ pounds fully ripe fruit. Do not peel. Cut into small pieces and crush thoroughly. Add ¼ cup water and simmer, covered, 5 minutes. (Sour, cling-stone plums give best color and flavor. If sweet plums or free-stone prunes are used, substitute ¼ cup lemon juice for ¼ cup of the prepared fruit specified.) Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

DRIED APRICOT AND PINEAPPLE JAM

4 cups (2 lbs.) prepared fruit
7 cups (3 lbs.) sugar 1 bottle Certo

To prepare fruit, add 2 cups water to $\frac{1}{4}$ pound apricots. Cover and let stand 4 hours or overnight. Drain fruit, grind or chop fine, and mix with juice. Crush well or grind 1 medium, fully ripe pineapple or use 1 No. 2 can crushed pineapple. Measure sugar and prepared fruit into large kettle, filling up the last cup with water if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Then remove kettle from fire and stir in Certo. Skim; pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

STRAWBERRY AND PINEAPPLE JAM

$3\frac{1}{2}$ cups ($1\frac{3}{4}$ lbs.) prepared fruit
 $6\frac{1}{2}$ cups ($2\frac{3}{4}$ lbs.) sugar $\frac{1}{2}$ bottle Certo

To prepare fruit, crush completely or grind about 1 quart fully ripe berries. Each berry must be reduced to a pulp. Cut fine or grind 1 medium fully ripe pineapple or use 1 No. 2 can crushed pineapple. Combine fruits. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin at once. Makes about 9 glasses (6 fluid ounces each).

BLUEBERRY JAM

HUCKLEBERRY JAM

$4\frac{1}{2}$ cups ($2\frac{1}{4}$ lbs.) prepared fruit
7 cups (3 lbs.) sugar 1 bottle Certo

To prepare fruit, crush about $1\frac{1}{2}$ quarts fully ripe berries. Add juice of 1 medium lemon and grated rind of $\frac{1}{2}$ lemon. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 2 minutes. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin at once. Makes about 12 glasses (6 fluid ounces each).

GRAPE CONSERVE

4 cups (2 lbs.) prepared fruit
 $\frac{1}{4}$ cup lemon juice 7 cups (3 lbs.) sugar
1 cup nut meats, finely chopped
 $\frac{1}{2}$ lb. seeded raisins $\frac{1}{2}$ bottle Certo

To prepare fruit, stem and crush well about 3 pounds fully ripe grapes. Add $\frac{1}{4}$ cup water and simmer, covered, 30 minutes. Remove seeds and skins by sieving. If desired, prepare grapes as in Grape Jam (page 22). Squeeze juice from 2 lemons, and grate rind. Measure sugar into large kettle. Add nut meats, raisins, lemon juice, rind, and prepared fruit, filling up the last cup with water if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin at once. Makes about 12 glasses (6 fluid ounces each).

PEACH MARMALADE

4 cups (2 lbs.) prepared fruit
 $7\frac{1}{2}$ cups ($3\frac{1}{4}$ lbs.) sugar 1 bottle Certo

To prepare fruit, peel off the yellow rind of 1 orange and 1 lemon with a sharp knife, leaving as much of the white part on the fruit as possible. Put yellow rinds through the food chopper twice. Add $\frac{3}{4}$ cup water and $\frac{1}{8}$ teaspoon soda to ground rind and simmer, covered, for 10 minutes. Cut off the tight skin of the peeled fruit and strip the pulp out of each section. Add pulp and juice and the juice of an additional lemon to the rind, and simmer, covered, 20 minutes longer. Peel about $1\frac{1}{2}$ pounds fully ripe peaches. Pit and grind or chop very fine. Combine fruits. Measure sugar into large kettle. Add prepared fruit, filling up the last cup with water if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil gently 5 minutes. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

New Certo Users: Read carefully pages 4, 5, 17, 18, 30, 31

GOOSEBERRY AND RED RASPBERRY JAM

4 cups (2 lbs.) prepared fruit
7 cups (3 lbs.) sugar ½ bottle Certo

To prepare fruit, crush about 1 pound fully ripe gooseberries; add ¼ cup water. Stir until mixture boils, cover, and simmer 15 minutes. Crush or grind about 1 quart fully ripe raspberries. Combine fruits. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim, pour quickly. Paraffin at once. Makes about 10 glasses (6 fluid ounces each).

SOUR CHERRY JAM

4 cups (2 lbs.) prepared fruit
7 cups (3 lbs.) sugar 1 bottle Certo

To prepare fruit, pit about 2½ pounds fully ripe cherries. Crush thoroughly or grind. Add ¼ cup water, bring to a boil, cover, and simmer 15 minutes. (For stronger cherry flavor, add ¼ teaspoon almond extract before pouring.) Measure sugar into large kettle. Add prepared fruit, packing each cup solidly and filling up the last cup with water, if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

SWEET CHERRY JAM

Use recipe for Sour Cherry Jam (above), adding ¼ cup lemon juice to prepared fruit and boiling 5 minutes instead of 3 minutes.

SWEET CHERRY CONSERVE

Use recipe for Sour Cherry Jam (above), adding juice and grated rind of 2 medium lemons, ½ pound chopped, seeded raisins, and 1 cup finely chopped nut meats when sugar is added to prepared fruit, and boiling 5 minutes instead of 3 minutes.

CITROUS FRUIT MARMALADE

3 cups (1½ lbs.) prepared fruit

6 cups (2 lbs. 10 oz.) sugar

½ bottle Certo

To prepare fruit, remove skins in quarters. Lay quarters flat, shave off and discard about ½ of white part. With a very sharp knife, cut remaining rind into fine shreds. Add 1½ cups water and ⅛ teaspoon soda. Bring to a boil and simmer, covered, for just 10 minutes, stirring occasionally. Cut off tight skin of peeled fruit and slip pulp out of each section. Add pulp and juice to cooked rind. (If oranges are very sweet, add juice of 1 extra medium lemon.) Simmer, covered, 20 minutes longer. Measure sugar and prepared fruit, solidly packed, into large kettle, flooding each cup with juice, or if necessary, with water. Bring to a boil and *boil gently* 5 minutes. Remove kettle from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin at once. Makes about 8 glasses (6 fluid ounces each).

• For Orange Marmalade, use 3 medium oranges and 2 medium lemons.

• For Grapefruit Marmalade, use 2 medium grapefruit.

• For Orange and Grapefruit Marmalade, use 2 medium oranges and 1 small grapefruit.

• For Orange, Grapefruit, and Lemon Marmalade, use 1 of each fruit of medium size.

QUINCE JAM

5 cups (2½ lbs.) prepared fruit

7 cups (3 lbs.) sugar

½ bottle Certo

To prepare fruit, peel and core about 3 pounds fully ripe quinces. Grind, using finest knife of food chopper. Add 1½ cups water and juice of 1 lemon. Bring to a boil, cover, and simmer 15 minutes. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

New Certo Users: Read carefully pages 4, 5, 17, 18, 30, 31

CRANBERRY JAM

SPICED CRANBERRY JAM

CRANBERRY CONSERVE

7½ cups (3½ lbs.) prepared fruit
5½ cups (2 lbs. 6 oz.) sugar **½ bottle Certo**

To prepare fruit, add 4 cups water to 2 pounds fully ripe cranberries. (For Spiced Cranberry Jam, add ½ teaspoon ground cloves and 1 teaspoon cinnamon; for Cranberry Conserve, add 1 cup seeded raisins, chopped.) Bring to a boil, cover, and simmer 10 minutes. Sieve pulp, if desired. Measure sugar into large kettle. Add prepared fruit, filling up last cup with water if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin at once. Makes about 12 glasses (6 fluid ounces each).

CRANBERRY MARMALADE

6 cups (3 lbs.) prepared fruit
8 cups (3½ lbs.) sugar **½ bottle Certo**

To prepare fruit, quarter 2 oranges and 1 lemon; seed; slice thin. Add 3 cups water, bring to a boil, cover, and simmer 45 minutes. Add 1 pound fully ripe cranberries and simmer, covered, 10 minutes longer. Measure sugar into large kettle. Add prepared fruit, filling up the last cup with water if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 2 minutes. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin at once. Makes about 13 glasses (6 fluid ounces each).

GINGER MARMALADE

3 cups (1½ lbs.) prepared fruit
2 cups (1 lb.) crystallized ginger, chopped
5½ cups (2 lbs. 6 oz.) sugar **½ bottle Certo**

Use 3 medium oranges and 1 medium lemon. Add ginger with sugar. Follow recipe for Citrous Fruit Marmalade (page 27); boiling 2 minutes instead of 5 minutes. Makes about 10 glasses (6 fluid ounces each).

BOYSENBERRY JAM

4 cups (2 lbs.) prepared fruit

7 cups (3 lbs.) sugar

½ bottle Certo

To prepare fruit, grind about 2 quarts fully ripe berries, or crush completely one layer at a time so that each berry is reduced to a pulp. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin hot jam at once. Makes about 10 glasses (6 fluid ounces each).

YOUNGBERRY JAM

4 cups (2 lbs.) prepared fruit

7 cups (3 lbs.) sugar

½ bottle Certo

To prepare fruit, grind about 2 quarts fully ripe berries, or crush completely one layer at a time so that each berry is reduced to a pulp. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin at once. Makes about 10 glasses (6 fluid ounces each).

TOMATO RELISH

3 cups (1½ lbs.) prepared tomatoes

6½ cups (2¾ lbs.) sugar

1 bottle Certo

To prepare tomatoes, scald, peel, and crush about 2½ pounds ripe tomatoes, or use canned tomatoes. Boil 4 cups crushed tomatoes 10 minutes, uncovered, stirring occasionally. Add ¼ cup lemon juice and grated rind of 1 lemon. (For use with meats, add ½ teaspoon each ground cloves, allspice, and cinnamon, or Worcestershire sauce to taste.) Measure sugar into large kettle. Add prepared tomato, filling up last cup with water if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 2 minutes. Remove kettle from fire and stir in Certo. Skim; pour quickly. Paraffin at once. Makes about 9 glasses (6 fluid ounces each).

PERFECT JAMS AND JELLIES

Have you ever stopped to think why certain jellies and jams walk off with the blue ribbons in jelly-contests and win cheers from all the family . . . just what does stand for perfection in a jelly or a jam?

The Bureau of Home Economics "Score Card for Jelly" rates jellies for flavor, texture, color, and clearness, and gives 75 per cent of a score of 100 for perfect flavor and texture. Perfect flavor is defined as "the flavor of fresh, fully ripe fruit"; perfect texture is "jelly that holds its shape when turned onto a plate, but quivers when the plate is moved."

Why Certo Recipes Win

Certo jelly recipes are developed with fully ripe fruit instead of the under-ripe fruit commonly used in old-fashioned jelly making. They take you a long way toward perfect flavor. And Certo jelly recipes are designed to give best texture at the time the jelly is most apt to be used. They take account of the fact that many jellies grow progressively firmer for a week to a month after they are made.

About the ideal texture for jams there is far less agreement than for jellies. Some prefer jams that hold their shapes, others like softer jams. Either texture may be had with Certo jams. If a jam seems stiffer than desired, break it up with a fork before turning out of the glass.

The Short-Boil Method: Scores of state fair champions in jam and jelly making and millions of other jelly makers, too, use Certo and the short boil method of jelly making. They know they can depend on Certo for sure result, time and money saving, and better, richer-flavored jams and jellies.

You may find that Certo recipes call for more sugar than you usually use. Remember that with Certo no fruit juice boils away in steam and you usually get half again more glasses. Thus you need the extra sugar to take care of the extra juice.

Before You Begin . . .

Be sure to study *Steps to Follow*, pages 4 and 5. The pictures and instructions will help you to make every jelly and jam the easiest, surest way. See also *Do's and Don'ts* (based on questions most often asked by jelly makers), pages 17 and 18.



SPECIAL OFFER

10 Piece Jelly-Making Kit

\$2.00 VALUE FOR **\$1.00**
ONLY

Here in one complete kit are the tools you've always wanted—the tools that make jelly-making easy and that are so hard to find; just the right size of aluminum colander; enameled paraffin pot with wooden handle; strawberry huller; cherry pitter; apple corer; wooden-handled aluminum measuring cup; 60 assorted jelly glass labels; long-handled wooden spoon; special cloth for straining juice; 1 dozen paper jelly glass covers, assorted colors. Worth \$2.00—you pay only \$1.00!

Send For Your Jelly-Making Kit Today!

ELIZABETH PALMER, Dept. CO-1

Battle Creek, Mich.

Enclosed is \$1.00. Please send me the Certo Jelly-Making Kit (regular value \$2.00) which is described above.

Name _____

Street _____

City _____ State _____

(This offer expires Dec. 31, 1942—good only in U.S.A.)

MRS. A SHOWS MRS. B THAT CERTO PAYS FOR ITSELF

Mrs. A and Mrs. B both wanted to make some raspberry jam. Each had 2 quarts of berries to begin with and after cleaning and crushing them each got the same amount of prepared fruit—4 cups.

Both Mrs. A and Mrs. B



started at 9 o'clock.

Mrs. A added $6\frac{1}{2}$ cups of sugar to her fruit. Then Mrs. A simply brought her fruit and sugar to a tumbling



Mrs. B added 4 cups of sugar. Then Mrs. B, following the old-fashioned "cup for cup" recipe, had to boil her fruit and sugar about



ute, removed it from the stove and added $\frac{1}{2}$ bottle of Certo. The jam was done and it had all of the flavor of fresh, ripe fruit.

30 minutes before the jam thickened. This long boiling evaporated more than a third of the jam mixture and carried off most of the natural fresh fruit flavor in steam.

Mrs. A was finished at 9.12.

Mrs. B was finished at 9.45.



Mrs. A got 10 glasses of jam from her 2 quarts of berries.



Mrs. B took 3 times as long and got only 6 glasses of jam.

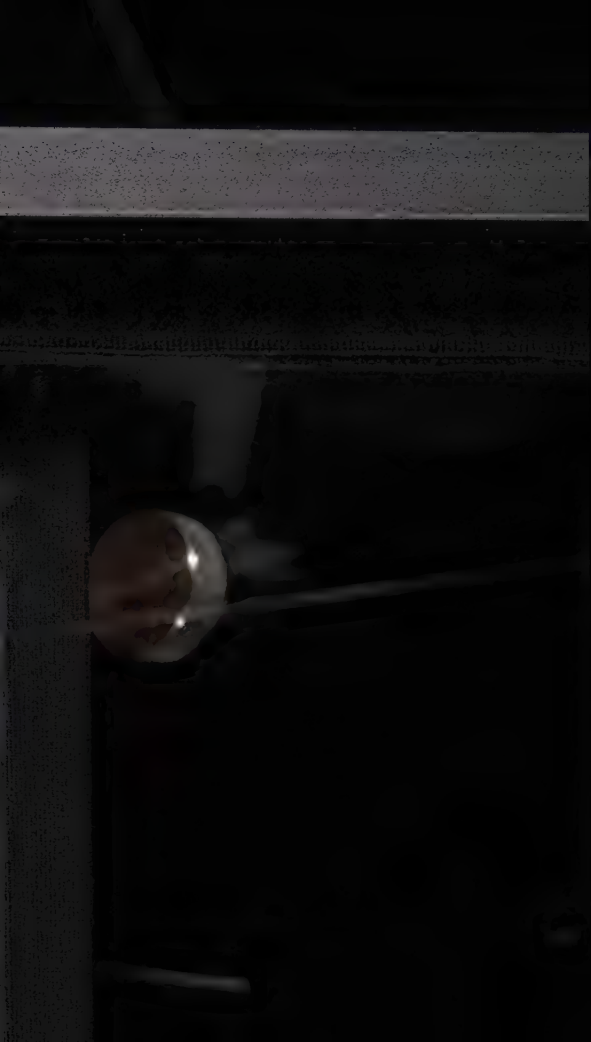


Mrs. A had shown Mrs. B exactly what she meant when she said, "Certo really pays for itself."

P2190-1-40-C.W.

Printed in U. S. A.

For advice on jelly or jam making problems, write to Elizabeth Palmer, General Foods, 250 Park Avenue, New York, N. Y.
U. S. A. There is no charge for this service.



Equipment for Drying

A very slow oven may be used for drying fruits and vegetables spread on papers, large platters, sheets of metal covered with cheese-cloth or pieces of heavy screening, covered with cheese-cloth, with an inch or two turned down at opposite ends for supports. The oven door should be left slightly open to allow a circulation of air to carry off the moisture set free by evaporation.

Barrel hoops or frames made of laths may be covered with cheese-cloth and suspended above the stove by a rope with a pulley arrangement, which makes it easy to adjust the trays at the proper height. A sheet of tin laid over a dripping-pan containing a small amount of hot water makes a good substitute for one kind of commercial drier. Several satisfactory types of commercially made home driers are now on the market.

If food is to be dried outdoors or over a kitchen stove, it should be carefully protected from dust and flies. Coarse cheese-cloth may be laid over the food, or, for outdoor work, raised above the food by supports.

Preparation of Food for Drying

VEGETABLES

Clean thoroughly—Select vegetables that are young, tender and fresh. Wash and clean them thoroughly. Use silver or stainless steel knives, so that the vegetables will not be discolored.

Slice thinly—Cut all roots, tubers, stalks and seed pods in slices from one-eighth to one-fourth inch thick. These slices should be uniform in size, so that they will dry evenly. A kraut slicer is a great help. Corn should not be cut from the cob until after it has been blanched and cold-dipped.

Blanch—After cleaning and slicing, blanch the vegetables. Blanching retards the activity of the "hay" bacteria which tend to yellow dried products, sets the color, removes certain acid flavors and softens and loosens the fibers, allowing the moisture to evaporate more quickly and uniformly.

Place the vegetables in a wire basket or in a piece of cheese-cloth held by the four corners. Plunge them into boiling water and hold them there from two to ten minutes, the length of time depending on the coarseness of the vegetables' fibers. (See page 681.)

Cold-dip—After blanching the required number of minutes, plunge the container holding the vegetables into cold water for a few seconds. This is called the "cold dip." It makes the vegetables crisp and tends to retain the color.

Drain—After blanching and cold-dipping, drain the vegetables well and remove all surface moisture by drying them thoroughly between two clean towels.

The vegetables are then ready for drying by any one of the methods described.

FRUITS

Select fruits that are well ripened but not overripe. Wash all fruits thoroughly.

The lye dip—For large fruits that are to be dried with the skins on, prepare a boiling solution of lye made in the proportion of one tablespoon of lye to one quart of water. Using a wire basket or cheese-cloth, dip the fruit into the boiling solution. As soon as the skin shows signs of checking or cracking, remove the fruit from the solution.

Rinse carefully—Rinse the fruit in three or more baths of clear water, and make sure that the fruit is rinsed free of all lye solution.

Cut the fruit—Halve the large fruits such as peaches, apricots and plums, and place them pit side up upon the trays.

Cover the tray—If there is any metal on the trays, line them with cheese-cloth before spreading the fruit.

Test for dryness—When fruits are properly dried, they should be entirely free from moisture when pressed in the hand, and should be tough and pliable rather than dry and snappy.

Figs require special treatment—Select ripe whole figs, wash and dip them in the boiling lye solution. Cold-dip and rinse thoroughly at least three times in fresh clear water. Then drop the figs into lime-water made by dissolving one ounce of lime in one gallon of water. Leave the figs in the limewater for one hour. Drain, then rinse several times in clear water. Make a sirup by boiling four cups of sugar in four cups of water for ten minutes. Skim and add the figs. Boil until the figs are clear and amber colored; drain and place on trays, stem end up. Dry by any preferred method. For oven drying, use a temperature of 130° F. The finished figs should be dry, but soft and pliable.

How to Store Dried Fruits

Conditioning process—After removal from the drier, fruits and vegetables should be subjected to a curing or conditioning process before they are stored. When fresh from the drier, stir all fruits and vegetables, and place each kind in a coarse muslin sack or box. Stir each food thoroughly each day for several days. This conditioning process evens the moisture content, some portions being too dry and others too moist when removed from the drier, and should be continued until all moisture has disappeared. If the conditioning is omitted the product may mold.

Protect from insects and dust - Dried foods should always be stored in moisture-proof containers and kept in a warm dry place free from insects and dust. Baking-powder cans, and similar tins, and paraffin-coated paper boxes are inexpensive but good containers. A plain pasteboard box or a paper sack can be made into a good container by applying a coat of melted paraffin. Small containers are best, so that it may not be necessary to leave any part of the food exposed long after opening and before using.

If paper bags are used, twist the upper part of the bag to form a neck, bend the neck over and tie it in place with a string and paint the entire bag with a coat of melted paraffin. This makes the bag insect and moisture proof. These bags may be hung up or kept in a large tin box.

Cooking Dried Foods

All dried foods must be washed thoroughly, then soaked for several hours, or overnight, in water. They should be cooked in the water in which they were soaked.

PICKLES AND RELISHES

When foods are preserved with salt water (brine) or vinegar, the process is called pickling; and sweet pickles, sour pickles, and spiced pickles, either sweet or sour, are secured by varying the spices and seasonings.

Both fruits and vegetables may be pickled whole, or in halves, quarters, or slices. Cucumbers, tomatoes, onions, beets, carrots and cabbage, peaches, pears, crabapples and grapes are the vegetables and fruits most often preserved by pickling.

Preparing Food for Pickling

Carefully clean vegetables by scrubbing them in plenty of clear water. Then give them a preliminary soaking in a solution of salt and water (one-eighth to one-fourth cup salt to one quart water) for several hours or overnight, or even for several days. Some vegetables must be parboiled in salt water before they are placed in the pickling solution. The salt draws the water from the tissues and makes them crisp and firm and better prepared to absorb the pickling solution.

Fruits need no preliminary treatment with salt and water. Prepare them as for canning and place them in the pickling solution.

Important Facts About Pickling

Use porcelain-lined, graniteware or aluminum kettles for cooking pickles. Use a granite or wooden spoon for stirring or lifting the pickles.

Too much salt toughens and shrivels the vegetables to be pickled. Too strong vinegar may bleach the vegetable or cause it to soften after it is pickled.

Better results are obtained if pickles are sealed in glass or stone jars.

Varieties of Pickles

Sweet pickles—Fruits, ripe cucumbers and melon-rinds are pickled in a sweet, spiced vinegar solution.

Mixed pickles—Various combinations of vegetables may be pickled together as mixed pickles.

Relishes—Vegetables chopped fine and pickled are called relishes. Chow-chow, chilli sauce and piccalilli are forms of relishes.

Chutney—A sweet pickle highly seasoned, made from a variety of chopped vegetables or vegetables and fruits, is called a chutney. Chutneys are served with cold meats, sausage or stews.

Catchup and sauces—Many fruits and vegetables, especially tomatoes, are chopped fine, cooked in the pickling solution and strained to form a thick fluid or sauce.

Mangoes—Peppers or other vegetables or fruits stuffed with various mixtures and pickled are popularly called "mangoes."

Dill pickles and sauerkraut—In these two forms of pickle, vinegar is not used. The vegetable is allowed to ferment in a salt solution and the only acid present is the lactic acid formed by the action of the bacteria upon the sugar in the vegetable.

In dill pickles, the dill is added for flavor. Plain salted cucumbers may be prepared in the same way without the dill. They are removed from the brine, soaked overnight in cold water, and put in a pickling vinegar and prepared as needed.

SPICED VINEGAR

1 quart vinegar	1 tablespoon white mustard
1 pint sugar	seed
1 tablespoon cinnamon	1 teaspoon cloves
1 teaspoon allspice	1 teaspoon salt

The spices may be used either whole or ground, as one prefers a clear or a dark pickle. If they are ground, they should be placed in a muslin bag and removed from the solution before the pickles are canned. If the pickle is one that is to be heated in the vinegar, the vinegar and spices are not previously heated. If the pickle is to be placed in the cans cold and the hot vinegar is to be poured over it, the solution is brought slowly to the boiling-point and then poured over the pickle.

PICKLED BEETS

Cook small beets until they are tender. Plunge them into cold water and slip off the skins. Cover them with spiced vinegar (recipe above), and simmer them for fifteen minutes. Seal them in clean, hot jars. Golden wax beans, the stems of Swiss chard, or very small carrots may be pickled in the same way.

CUCUMBER PICKLES

100 cucumbers	2 teaspoons salt
Vinegar	1 cup sugar
1 ounce mustard seed	2 red peppers
1 ounce cloves	

Use the smallest cucumbers you can procure, making two and one-half inches the limit of length. Put the spices in thin muslin bags, using at least two bags. Place the cucumbers in a kettle with enough

good vinegar of medium strength to cover them. Place the bags of spices in the vinegar, together with the salt and sugar, and the peppers cut in rings. Heat the vinegar as slowly as possible; when it is scalding hot but not boiling, the pickles are ready to set away. If this recipe is carefully followed, satisfactory results will be obtained. If the vinegar boils, the pickles will soften.

RIPE-CUCUMBER SWEET PICKLES

8 large ripe cucumbers	3 pounds sugar
$\frac{1}{8}$ pound stick cinnamon	$1\frac{1}{2}$ pint vinegar
1 ounce whole cloves	

Pare the cucumbers, quarter and take out the seeds, then cut the quarters into medium-sized pieces. Scald in salted water (two tablespoons salt to one quart water), then drain and simmer in clear water until they are tender but firm. Drain well. Tie the spices in a bag and boil them with the vinegar and the sugar for five minutes. Pour this mixture over the cucumbers, cover the jar and set away. The next day pour off the sirup, boil for ten minutes and pour over the cucumbers again. Flavor is improved by repeating this process several times. Place the pickles in clean, hot jars and seal.

GREEN-CUCUMBER SWEET PICKLES—No. 1

Sweet cucumber pickles made by the following recipe will keep for several years without being sealed.

Choose very small cucumbers. Soak them in weak brine (two tablespoons salt to one quart water) overnight. Next morning remove the cucumbers, scald the brine and skim it, turn it over the pickles again and let them stand for two days. Repeat this process on the third morning and let the pickles stand two days longer. Then scald the brine each morning until the eighth day, removing the pickles and pouring the hot brine over them each time. On the eighth day, remove the pickles from the brine, cover them with spiced vinegar, heat thoroughly, and place them in clean, hot jars.

GREEN-CUCUMBER SWEET PICKLES—No. 2

7 pounds cucumbers	1 tablespoon allspice
1 ounce cinnamon	1 quart vinegar
2 ounces cloves	3 pounds sugar

Pare, quarter and seed large cucumbers. Wash thoroughly, then soak for four days in salt and water (two tablespoons salt to one quart water), changing the brine every day. Put the spices in a bag. Boil the cucumbers with the vinegar, sugar and spice until the cucumbers are clear. It is best to watch carefully and remove each piece when it is clear. Pack in clean, hot jars and seal.

DILL PICKLES

Choose cucumbers over five inches in length. Wash them well and pack them in earthenware jars or wooden casks. Between each layer of cucumbers place a thin layer of dill, stalks, leaves and seed balls included. When all are packed in, cover them with a brine solution carrying 40 per cent. salt (approximately two pounds salt to three quarts water). Place a layer of grape or horseradish leaves on top and weight the whole down with a clean plate and stone. Two or three weeks will be required for curing.

MUSTARD PICKLES

- | | |
|--|---|
| 1 pint cucumbers, about
2 inches long | 3 red peppers, chopped |
| 1 pint large cucumbers,
sliced | 3 green peppers, chopped |
| 1 pint pickling onions | 1 cup small carrots, or sliced
carrots halved or quartered |
| 1 cup string beans, cut di-
agonally in 1-inch pieces | 1 $\frac{1}{4}$ cup white sugar |
| 1 pint small green tomatoes | 4 tablespoons flour |
| 1 pint cauliflower, cut in
small pieces | $\frac{1}{2}$ tablespoon turmeric |
| | 1 teaspoon celery salt |
| | Vinegar |
| | 4 tablespoons powdered mustard |

All the vegetables should be tender. Soak all the vegetables in brine (one cup salt to one gallon water) overnight. Drain and soak them in clear water for three hours. Mix a sufficient amount of vinegar and water, in equal quantities, to cover the vegetables. Allow them to stand in this vinegar for one hour, then scald them in this liquid.

Make a dressing by mixing the sugar, flour, mustard, turmeric and celery salt and adding three pints of hot vinegar slowly, stirring to make a smooth paste. Cook the mixture over a pan of hot water until the sauce thickens.

Drain the vegetables thoroughly. Pour the mustard dressing over them while they are hot, and simmer them for five minutes. Pack the pickle into hot, clean jars and seal.

SPANISH TOMATOES

- | | |
|---------------------------|---------------------------|
| 24 green tomatoes, sliced | 1 tablespoon peppercorns |
| 1 large onion | 1 tablespoon mustard seed |
| 2 green peppers | 1 cup brown sugar |
| $\frac{1}{4}$ cup salt | 2 quarts vinegar |

Alternate layers of sliced tomatoes with layers of sliced onion and chopped green peppers, in a large crock, and sprinkle each layer with salt. Let stand twenty-four hours, then drain. Put the vegetables

in a preserving-kettle, add the spices and sugar and cover with the vinegar. Cook gently for forty-five minutes. Pack in clean, hot jars and seal.

RIPE-TOMATO PICKLE

1 quart tomatoes

30 nasturtium seeds

Vinegar

Choose small red tomatoes, thoroughly ripe, but firm. Prick each tomato with a pin, and place them in clean, cold jars with the nasturtium seeds, scattering the seeds throughout the mixture. Cover the tomatoes with cold vinegar and seal. They will be ready for use in about two weeks.

PICKLED ONION

Peel small onions until the white is reached. Scald in strong salted water (four tablespoons salt to one quart water), then drain. Pack in jars and sprinkle white mustard and pepper over the onions. Cover them with a boiling hot solution of vinegar. When cold, put in clean, cold jars and seal. One tablespoon of salad oil may be added to the top of the mixture.

PICKLED NASTURTIUM SEEDS

Use green nasturtium seeds, and in picking retain a short length of stem on each. Lay the seeds in cold salted water for two days (two tablespoons salt to one quart water), then place them in cold water for another day. Drain well and place the seeds in a glass jar, cover with vinegar heated to the boiling-point, and close the jar tightly. In a few days the seeds will be ready to use. They are an excellent substitute for capers.

PICKLED WALNUTS

100 green walnuts

Brine

1 ounce ground pepper

1 ounce ginger

$\frac{1}{2}$ ounce cloves

$\frac{1}{2}$ ounce nutmeg

$\frac{1}{2}$ ounce mustard seed

2 cups brown sugar

2 quarts vinegar

The walnuts should be gathered early in July. They should be so soft that a pin can be run through the shells. Lay them in brine (one-half cup salt to two quarts water) for ten days, changing the water two or three times during this period. Rub off the outside skin with a coarse cloth. Put the spices in a bag in a large saucepan. Add the nuts, pour in the vinegar, and boil all together for a few minutes, then let stand overnight. Drain off the vinegar, and if it is not very

strong, add fresh vinegar. Add the walnuts and boil all together for a few minutes. Drain the walnuts. Put the vinegar into a preserving-kettle and boil for five minutes. Pack the walnuts in hot, clean jars. Strain the vinegar solution and pour it over the walnuts until the jars are full. Seal.

PICKLED SWEET RED PEPPERS

Wash the outside of the peppers thoroughly and wipe them dry. Cut a slice from the stem end and remove the seeds. Cut into thin strips with the scissors, or into long ribbons, working around and around the pepper. Scald well and then drop into ice-water to crisp them. Drain well. Make a sirup, using a proportion of one cup of sugar to two cups of vinegar. Put the peppers into clean, hot jars, fill to overflowing with hot sirup, and seal.

These peppers are an effective garnish for salads or cold meats.

PEPPER MANGOES

Green peppers	2 tablespoons white mustard
Brine	seed
1 quart chopped cabbage	1 tablespoon cinnamon
1 tablespoon salt	1 cup sugar
1 tablespoon cloves	Vinegar

Remove the stem ends of green peppers, carefully extract the seeds and midribs and lay the peppers in strongly salted water (one-half cup salt to two quarts water) for twenty-four hours. Chop the cabbage fine and add the salt, mustard seed, cloves, cinnamon and sugar, mixing them well. Drain the peppers, stuff them with the prepared cabbage, replace the pepper caps and tie them in position. Pack the peppers in a stone jar and cover them with strong cold vinegar. They will be ready to use in two or three weeks.

The amount of stuffing will need to be increased if many peppers are used. In increasing, keep the same proportions of ingredients.

PICKLED SECKEL PEARS

7 pounds Seckel pears	1 tablespoon cinnamon
1 pint vinegar	1 tablespoon allspice
1 pint water	1 tablespoon cloves
3½ pounds sugar	

Pare the fruit, remove the blossom end, but leave the stem on. Make a sirup of the vinegar, water, sugar and spice, boiled for five minutes. Add the fruit and cook until clear. Seal in hot, clean jars.

GINGER PEARS

- | | |
|---------------------|------------------------------------|
| 5 pounds hard pears | $\frac{1}{3}$ cup preserved ginger |
| 3 cups water | 3 lemons, juice and grated rind |
| 5 pounds sugar | |

Remove the skin and cores from the pears and cut the fruit in slices lengthwise. Add the water and cook until the pears are tender. Add the sugar, juice and grated rind of the lemons, the ginger cut in small pieces, and simmer the mixture until it is thick. Pour into clean, hot jars and seal.

PICKLED CITRON

- | | |
|-----------------|-----------------------|
| 2 pounds citron | 1 lemon |
| 2 pounds sugar | 1 tablespoon cinnamon |
| 1 pint vinegar | 1 teaspoon cloves |
| 1 pint water | 1 teaspoon allspice |

Pare the citrons, and cut in medium thin slices. Soak overnight in salt water (two tablespoons salt to one quart water). Drain off the brine and cook the citron in clear water until it is tender. Add the citron to the hot pickling solution made from the vinegar, sugar and spices, and boil it rapidly until it becomes clear. Seal it in hot, clean jars.

SPICED CURRANTS

- | | |
|----------------------|----------------------|
| 4 quarts currants | 1 teaspoon allspice |
| 2 pounds white sugar | 1 teaspoon cloves |
| 1 pint vinegar | 2 teaspoons cinnamon |

Stem the fruit, and wash it. Make a sirup of the sugar, vinegar and spices and boil for five minutes. Add the fruit and cook until the mixture is thick and clear. Seal in clean, hot jars.

SPICED PLUMS

- | | |
|----------------|------------------------------|
| 4 quarts plums | 1 tablespoon ground cinnamon |
| 3 pounds sugar | 1 tablespoon cloves |
| 1 pint vinegar | 1 tablespoon allspice |

Make a sirup from the vinegar, sugar and spices. Boil for five minutes. Prick each plum with a fork and pour the boiling sirup over the fruit. Let the whole stand three days, then skim out the plums, boil down the sirup until quite thick, add the plums and heat to boiling. Seal in clean, hot jars.

PICKLED PEACHES OR PEARS

4 quarts peaches or pears	$\frac{1}{2}$ ounce stick cinnamon
2 pounds white sugar	$\frac{1}{4}$ ounce whole cloves
2 cups vinegar	

Dip the peaches quickly in hot water and remove the skins. Remove skins from the pears by paring. Boil the sugar, the vinegar, and the cinnamon for twenty minutes. Place a few of the peaches at a time in the sirup, and cook them until they are tender. Pack them into clean jars, placing a few cloves in each jar. Adjust the rubbers, and fill each jar to overflowing with the hot sirup. Adjust the covers, and seal the jars immediately.

SWEET PICKLED PEACHES OR PEARS

$\frac{1}{2}$ peck peaches or pears	1 pint vinegar
2 pounds brown sugar	1 ounce stick cinnamon
Cloves	

Select large, firm peaches or pears and prepare as in preceding recipe. Make a sirup by boiling the brown sugar, vinegar and cinnamon together for five minutes. Stick two cloves in each fruit, put them into the sirup and cook until soft. This sirup is sufficient for a half peck of fruit, but it is better to put only half this quantity into the sirup at a time.

PICKLED WATERMELON-RIND

2 pounds watermelon-rind	1 lemon, sliced thin
2 pounds sugar	1 tablespoon cinnamon
1 pint vinegar	1 teaspoon cloves
1 pint water	1 teaspoon allspice

Soak the watermelon-rind overnight in salt water (one-fourth cup salt to one quart water). Drain off the brine. Cook the watermelon-rind in clear water until it is tender.

Make a hot pickling solution of the other ingredients, add the drained rind, and boil it rapidly until it becomes clear. The spices should be tied in bags and removed before the pickle is bottled. Seal it in clean, hot jars.

Green tomatoes, cut crosswise in thin slices, may be used instead of the watermelon-rind.

RED-PEPPER RELISH

12 red peppers	1 quart vinegar
12 green peppers	2 cups sugar
3 large onions	$1\frac{1}{2}$ tablespoon salt

Split the peppers and remove the seeds. Chop the peppers coarsely, pour boiling water over them and let stand for five minutes. Drain, pour more boiling water over them, and let stand ten minutes. Drain and add the chopped onions. Boil the vinegar, sugar, and salt for five minutes, and add all the other ingredients. Cook the mixture ten minutes after it has come to a boil. Pack in clean, hot glass jars.

QUICK CHRISTMAS RELISH

- | | |
|-------------------------------|----------------------------|
| 2 cups chopped, pickled beets | Salt and pepper |
| 5 tablespoons horseradish | Mustard |
| 1 cup chopped red cabbage | Vinegar from pickled beets |

Mix beets, horseradish and cabbage. Moisten with the vinegar left from the pickled beets and season with salt and pepper, and a little dry mustard. Toss together and serve lightly piled in a mound.

DIXIE RELISH

- | | |
|------------------------------------|----------------------------|
| 3 or 4 whole red peppers | 1 pint white onions |
| 1 pint chopped sweet green peppers | 2 tablespoons salt |
| 1 pint chopped sweet red peppers | 4 tablespoons mustard seed |
| | 2 tablespoons celery seed |
| | $\frac{3}{4}$ cup sugar |
| 1 quart chopped cabbage | 1 quart vinegar |

Soak green and red peppers in brine for twenty-four hours, using one cup salt to one gallon water. Take from the brine and freshen in clear, cold water, from one to two hours. Drain well, cut open, remove seeds and white sections, and chop the peppers. Put cabbage and onions through the food-chopper separately and measure before mixing. Add chopped cabbage and onions to chopped peppers. Add salt, spices, sugar and vinegar. Let the mixture stand overnight in a covered crock or enameled vessel. Drain, and heat the liquid. When hot add the other ingredients and cook for ten minutes. Seal in clean, hot jars.

CORN RELISH

- | | |
|-----------------------|------------------------|
| 18 ears sweet corn | 1 quart vinegar |
| 1 small cabbage | 2 cups brown sugar |
| 1 cup chopped celery | $\frac{1}{2}$ cup salt |
| 4 onions | 3 tablespoons mustard |
| 3 large green peppers | |

Blanch the corn for two minutes and cut the kernels from the ear. Chop the cabbage, celery, onions and peppers. Combine all the ingredients and cook until the vegetables are tender (twenty-five to thirty minutes). Seal in clean, hot jars.

BEET RELISH

1 quart chopped cabbage	2 cups vinegar
1 quart chopped cooked beets	1 cup sugar
1 cup grated horseradish	Salt

Combine the cabbage, beets and horseradish and season with salt. Scald the vinegar, dissolve the sugar in it and add it to the first mixture. Cook until clear. Seal in clean hot jars. This is particularly good with mutton.

PICCALILLI—No. 1

1 peck green tomatoes	1 cup sugar
6 green peppers	1 tablespoon cloves
6 onions	1 tablespoon cinnamon
1 cup salt	4 tablespoons allspice
1 cup horseradish	Vinegar

Chop the tomatoes, peppers and onions very fine. Stir all together with the salt, and let the mixture stand overnight. In the morning pour off the water, add the remaining ingredients and cover with vinegar. Cook slowly until tender, tasting at the last, and adding more salt if needed. Seal in clean, hot jars.

PICCALILLI—No. 2

1 quart green tomatoes	$\frac{1}{2}$ cup salt
1 head celery	3 cups vinegar
2 sweet red peppers	1 pound brown sugar
2 sweet green peppers	1 teaspoon mustard
2 large mild onions	1 teaspoon turmeric
1 small head cabbage	

Chop the vegetables, cover with salt, and let stand overnight. In the morning, drain and press in a cloth to remove all the liquid possible. Add the vinegar, sugar, and spices and simmer until clear. Seal in clean, hot jars.

CHOW-CHOW

4 quarts green tomatoes	1 quart vinegar
$\frac{1}{4}$ cup salt	1 cup brown or white sugar
6 small onions	$\frac{1}{2}$ teaspoon cinnamon
1 pint cucumbers	$\frac{1}{2}$ teaspoon ground allspice
1 green pepper	1 tablespoon ground mustard
1 bunch celery	

Chop the tomatoes, add the salt and mix. Let stand overnight. Next morning drain the tomatoes, and add the onions, cucumbers,

pepper, and celery, chopped fine, the vinegar, sugar and spices. Put the mixture in an enamel kettle, and cook until clear. Stir well with a wooden spoon, pack in hot, clean jars and seal.

Ground spices make a dark pickle. Whole spices may be used; they should be tied in a cloth bag and removed before the pickles are sealed.

CALIFORNIA CHOW-CHOW

18 green tomatoes	$\frac{1}{2}$ cup salt
8 cucumbers	2 quarts vinegar
5 dozen small green onions	1 cup brown sugar
1 pound green string-beans	2 tablespoons turmeric powder
1 cauliflower	4 tablespoons mustard seed
1 bunch celery	1 tablespoon cloves
3 chopped red peppers	1 tablespoon pepper

Dice the tomatoes, celery, and cucumbers, skin the onions and remove the tops, cut the beans in small pieces and separate the cauliflower into flowerets. Put all the vegetables, including the chopped red peppers, into an earthenware crock or bowl and sprinkle with the salt. Let stand twenty-four hours, then drain off the liquid. Heat the vinegar with the sugar and spices to the boiling-point, add the vegetables and cook until they are tender. Pack the pickles in clean, hot jars and seal.

TOMATO CHUTNEY

4 pounds ripe tomatoes	2 cups brown sugar
1 pound pared, chopped apples	1 cup seeded raisins
3 onions, chopped fine	1 teaspoon cinnamon
1 pint strong vinegar	1 teaspoon mustard
2 tablespoons salt	$\frac{1}{2}$ teaspoon cayenne

Chop the vegetables and then the apples. Combine the ingredients and cook until the chutney is thick and clear. Seal it in hot, clean jars.

If a hotter, more highly flavored chutney is desired, add to the above recipe

$\frac{1}{2}$ teaspoon cayenne	2 teaspoons mustard
$\frac{1}{2}$ teaspoon allspice	12 cloves garlic
1 teaspoon cloves	

CHILLI SAUCE

12 large tomatoes	2 tablespoons sugar
2 large onions	1 tablespoon cinnamon
4 green peppers	$2\frac{1}{2}$ cups vinegar
2 tablespoons salt	

Peel the tomatoes and onions and chop them fine. Chop the peppers very fine. Stir all together, and add salt, sugar, cinnamon and vinegar. Boil for one hour, stirring well, and seal in clean, hot jars. This sauce gives a delicious zest to any sort of cold meat.

CRANBERRY CATCHUP

2½ pounds cranberries	1 tablespoon cinnamon
Vinegar	1 teaspoon ground cloves
2⅔ cups sugar	

Wash and pick over the cranberries. Cover them with vinegar and cook until they burst. Force through a sieve. Add the other ingredients, return the mixture to the fire and simmer until thick. Seal in clean, hot jars. Serve as a relish with fowl or meat.

GRAPE CATCHUP

4 pounds grapes	2 teaspoons cloves
2 pounds sugar	2 teaspoons allspice
1 pint vinegar	2 tablespoons cinnamon

Wash the grapes and remove them from the stems. Place them in a pan and steam them without water, until they are soft. Put the fruit through a sieve, add the other ingredients, and simmer the mixture for twenty minutes. Seal it in clean, hot jars.

MUSHROOM CATCHUP

10 pounds mushrooms	1 teaspoon ground allspice
½ cup salt	1 teaspoon ground cloves
1 cup vinegar	1 teaspoon horseradish
Few grains cayenne	1 small onion

Take the freshly gathered mushrooms, wipe them carefully with a damp cloth, chop them and mix them thoroughly with the salt. Let them stand overnight. Mash them, and to this pulp and juice add the chopped onion, spices and vinegar. Put in a kettle and boil slowly until thick. If desired, this catchup may be strained. If too thick, thin with vinegar. Seal in clean, hot jars.

WALNUT CATCHUP

100 green walnuts	2 tablespoons pepper
6 ounces shallots	2 tablespoons anchovies
1 onion	¼ tablespoon mace
2 quarts vinegar	½ tablespoon cloves
½ pound salt	

The walnuts should be tender enough so that the shells may be pierced with a pin. Crush them in a mortar or a pan, and when well broken, place them in a stone jar, with the shallots cut in pieces, the onion chopped fine, the vinegar and the salt. Let them stand two weeks, stirring them well three times a day. At the end of this time drain off all the liquid, put it into a stewpan with the rest of the ingredients and boil slowly one-half hour, stirring it well. Strain it, and when cold, pour it clear from any sediment. Seal in clean, hot jars. Store in a dry place.

COLD TOMATO CATCHUP

1 peck ripe tomatoes	Pepper
1 pint vinegar	Garlic
Salt	Allspice
Cloves	

This is a recipe used in the kitchen of General Washington.

Wash the tomatoes and force them through a wire sieve, then strain through a jelly-bag. The liquid is not used in the catchup.

Thin the pulp with the vinegar. Season with salt, pepper, garlic, allspice, and cloves. Bottle in sterilized containers and seal. This catchup retains the taste of the fresh tomatoes and is an excellent flavoring for soups and sauces.

OLD VIRGINIA CATCHUP

1 peck green tomatoes	1 ounce cloves
$\frac{1}{2}$ peck white onions	$\frac{1}{2}$ cup dry mustard
3 ounces white mustard seed	$\frac{1}{4}$ cup water
1 ounce allspice	1 ounce black pepper
1 pound brown sugar	1 ounce celery seed
	Vinegar

Chop the tomatoes and onions, sprinkle with salt, and let stand three hours. Drain well and put the pulp in a preserving-kettle with the other ingredients. Cover with vinegar, and boil slowly for one hour. Seal in clean, hot jars. Less mustard may be used if a less hot catchup is desired.

HORSERADISH

1 cup grated horseradish	$\frac{1}{2}$ teaspoon salt
2 tablespoons white sugar	3 cups cold vinegar

To the grated horseradish add the sugar, salt and vinegar. Mix well and seal in clean, cold jars. This may be kept for use in Winter.

TOMATO PURÉE

1 gallon tomatoes	1 bay-leaf
1 small onion, sliced	2 teaspoons salt
1 stalk celery or celery leaves	¼ teaspoon paprika

Cook the mixture until the tomatoes are tender and put it through a strainer. Boil the pulp until it is reduced to one-half the original volume. Seal it in hot, clean jars.

The culls left from canning tomatoes may be made into soup or purée.

TOMATO PASTE

Spread thick tomato purée on dry plates or flat granite pans which have been brushed with unsalted fat. As soon as a film forms over the top, loosen the paste with a spatula, and turn it on to a screen covered with cheese cloth. Dry it in the sun or a very slow oven. When it is so dry that it can be handled without sticking, roll it in paraffin paper, fold under the ends of the paper, and store it in a tin box or a glass jar.

The paste may be used for soup, sauces, scalloped dishes, etc. Soak it in cold water until it is soft, before adding it to any hot mixture. One teaspoon of the paste makes one cup of soup.

FOREIGN WORDS AND PHRASES

- À LA, AU, AUX**—Dressed in a certain style.
À L'AMÉRICAIN—In American style.
À L'ANCIENNE—In old style.
À L'ANGLAISE—In English style.
À LA BOURGEOISE—In family style.
À L'ESPAGNOLE—In Spanish style.
À LA FRANÇAISE—In French style.
À L'ITALIENNE—In Italian style.
À LA PARISIENNE—In Parisian style.
À LA POLONAISE—In Polish style.
ARTICHAUT—Artichoke.
ASPERGE—Asparagus.
AU GRATIN—Baked with grated cheese and crumbs. Sometimes applied to dishes that are baked without cheese.
BÉCHAMEL—Sauce made of chicken stock and milk or cream.
BISCUIT—A cracker; also a certain kind of frozen dessert.
BISQUE—A rather thick soup, usually made from shell-fish; or an ice-cream to which is added finely chopped nuts.
BLANQUETTE—White meat in cream sauce that has been thickened with eggs.
BŒUF À LA JARDINIÈRE—Braized beef with vegetables.
BŒUF BRAISÉ—Braized beef.
BŒUF RÔTI—Roast beef.
BOMBE GLACÉE—A mold of ice-cream filled with a different kind of ice-cream or a water-ice.
BOUCHÉES—Small pastry shells or pepper cases filled with creamed meat or fish. The French word means "a mouthful."
BOUILLON—A clear broth, usually of beef or chicken.
CACAO—Cocoa.
CAIÉ—Coffee.
CAFÉ AU LAIT—Coffee with milk.
CAFÉ NOIR—Black coffee.
CANARD—Duck.
CANAPÉ—Usually toast with cheese or potted meat spread upon it. Sometimes made with pastry.
CANNELON—Meat stuffed, rolled up and roasted or braized.
CAVIAR—The salted roe of the sturgeon.
CÉLERI—Celery.
CHAMPIGNONS—Mushrooms.
CHARLOTTE—A preparation of cream or fruit, formed in a mold lined with fruit or cake.

CHARTREUSE—A mold of aspic in which are vegetables, meat, or fruit, filling the center of the mold. Used to denote anything concealed.

CHAUD-FROID—Literally hot-cold. In cooking, a jellied sauce.

CHOCOLAT—Chocolate.

CHOU—Cabbage.

CHOU-FLEUR—Cauliflower.

COMPOTE—Fruits stewed in sirup.

CONSOMMÉ—Clear soup.

CÔTELETTE DE MOUTON—Mutton chop.

CRÊME—Cream.

CROUSTADE—Cases for creamed meat or fish, made of bread or prepared rice.

CROUTONS—Small cubes of fried or toasted bread served with soup.

DE, D'—Of.

DEMI TASSE—Literally half a cup. Used to signify a small cup of black coffee generally taken at the close of a luncheon or dinner.

ÉCLAIR—Pastry or cake filled with cream.

EN BROCHETTE—Skewered.

EN COQUILLE—In the shell.

ENTRÉES—Small made dishes served between courses at a formal dinner.

FARCI—Stuffed.

FILLETS—Long, thin pieces of boneless meat or fish.

FINES HERBES—Minced parsley, chives, chervil, etc.

FONDANT—Boiled sugar, the basis of French candy.

FONDUE—A preparation of eggs and cheese.

FRAISES—Strawberries.

FRAPPÉ—Literally, beaten. Applied to semi-frozen liquids; for instance, café frappé.

FROMAGE—Cheese.

GÂTEAU—Cake.

GELÉE—Jelly.

GLACÉ—Frozen or glazed. Usually applied to crystallized nuts and fruit.

HARICOTS VERTS—Small green string beans.

HOLLANDAISE—Dutch style.

HORS D'ŒUVRES—Side dishes or relishes. Usually served at the beginning of a meal.

HÙTRES—Oysters.

JAMBON—Ham.

JARDINIÈRE—Mixed vegetables served in their own sauce.

JULIENNE—A clear vegetable soup invented by Jean Julien in 1875. Also vegetables cut in matchlike strips.

LAITUE—Lettuce.

MACARONI AU FROMAGE—Macaroni with cheese.

MACÉDOINE—A mixture; usually vegetables, with or without meat.
Sometimes applied to fruit mixtures.

MARRONS—Chestnuts.

MÉRINGUE—Whites of eggs whipped to a standing froth with sugar.

MOUSSE—Having a mossy texture. Usually applied to whipped cream that has been frozen without stirring.

NOIR—Black.

ŒUFS FARCIS—Stuffed eggs.

ŒUFS POCHÉS—Poached eggs.

OMELETTE AUX FINES HERBES—Omelet with fine herbs.

OMELETTE AUX CHAMPIGNONS—Omelet with mushrooms.

PAIN—BREAD.

PARMESAN—An Italian cheese.

PÂTÉ—Paste, patty.

PÂTÉ DE FOIE GRAS—A paste of goose livers.

PÂTISSERIE—Pastry.

PÊCHE—Peach.

PERCHE—Perch.

PETITS POIS—Small green peas.

PIÈCE DE RÉSISTANCE—The main dish in a meal; the roast.

POIS—Peas.

POMMES—APPLES.

POMMES DE TERRE—Potatoes. Literally, apples of the earth.

POMMES DE TERRE À LA LYONNAISE—Lyonnaise potatoes.

POTAGE—Soup.

POULET—Chicken.

PURÉE—Ingredients rubbed through a sieve to make a thick soup.

QUEUE DE BŒUF—Ox-tail.

RAGOÛT—A thick, highly seasoned stew.

RÉCHAUFFÉ—Reheated or warmed-over.

RIS DE VEAU—Sweetbreads.

RISSOLES—Minced fish or meat rolled in thin pastry and fried.

RÔTI—Roast.

SALADE—Salad.

SALADE DE LAITUE—Lettuce salad.

SALPICON—A mixture of fruits in a flavored sirup or highly seasoned minced meat mixed with a thick sauce.

SORBET—Frozen punch. This name is often given to water-ice when several kinds of fruit are used.

SOUFFLÉ—Literally "puffed up." A delicate baked custard which may contain fruit, cheese, flaked fish, or finely minced poultry, meat or vegetables.

SUPRÊME—White cream sauce made from chicken stock.

TARTE—Tart.

TARTELETTE—A little tart.

TIMBALL—An un-sweetened custard, usually seasoned with fish, meat or vegetables, baked in a mold.

TOURTE—A tart; a pie.

TOURTE DE POMMES—Apple pie.

TRUFFLES—A species of fungi, similar to mushrooms, growing in clusters some inches below the surface of the ground. Used in seasoning and for a garnish.

TUTTI-FRUTTI—Mixed fruits.

VELOUTÉ—Velvety.



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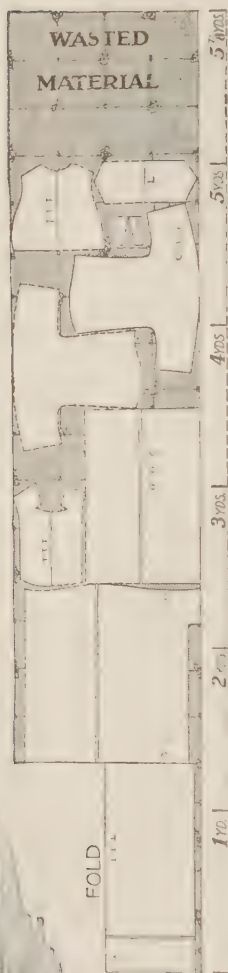
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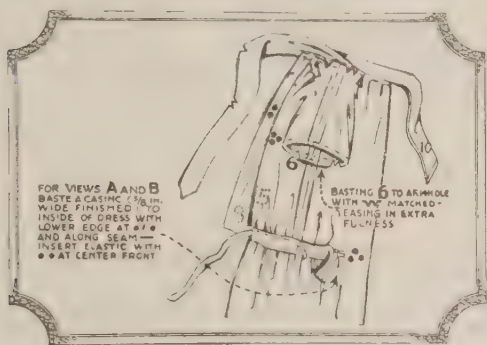
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Peach Conserve

3 pints peach pulp, $4\frac{1}{2}$ c. sugar

3 lemons - juice and grated rind

Blanch peaches in boiling water, cold-dip. Remove skins and stones. Cut into thin slices. Mix ingredients and cook until clear. Pack into clean hot jars.

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Tartar sauce is delicious to serve

nics. If baked in a loaf pan, it will keep in perfect shape for serving.

Banana Cake.

$\frac{3}{4}$ cup shortening
 $1\frac{1}{2}$ cups sugar
1 cup mashed bananas
2 eggs
 $\frac{1}{2}$ cup sour milk
1 teaspoon vanilla
 $\frac{1}{2}$ teaspoon lemon extract
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup nuts
2 cups flour
1 teaspoon soda

Cream the shortening and sugar. Add mashed bananas and beaten whole eggs. Alternate with sifted flour, salt and soda and the milk. Add flavoring. Bake in a moderate oven in two layer pans, or in a flat loaf pan. Cover with caramel icing.

Caramel Icing.

2 cups dark brown sugar
1 cup white sugar
1 cup milk
2 tablespoons butter
1 teaspoon vanilla

Mix sugars, milk and butter. Cook until a soft ball forms when tried in cold water. Let stand 15 minutes to cool. Add vanilla and beat until creamy and of right consistency to spread.

" " "

Tartar sauce is delicious to serve

Pineapple Pie

$1\frac{1}{2}$ c water

$\frac{1}{2}$ c corn starch

1 c sugar

$\frac{1}{4}$ t salt

2 eggs

$\frac{1}{2}$ c Pineapple juice

2 T lemon juice or Scant $\frac{1}{4}$ t lemon ex

1 c shredded pineapple

Mix sugar, corn starch & salt &

add to boiling water - cook 10 to

15 min in double boiler - Beat

egg yolks and pineapple juice

Stir into first mixture. Remove

from heat add extract & fruit

& put into baked shell - cover

with meringue.

Waffles

1 $\frac{1}{2}$ c flour

2 t. B. P.

$\frac{1}{4}$ t Salt - $\frac{2}{3}$ c sugar

1 c thin cream or rich milk

4 T melted butter

2 eggs.

Strawberry Short Cake (Cake type)

1 $\frac{1}{2}$ c. P. flour - 2 t B.P.

$\frac{1}{8}$ t salt - $\frac{2}{3}$ c sugar

4 T softened butter - 1 egg

$\frac{1}{2}$ c milk - $\frac{1}{2}$ t vanilla

1 qt. Crushed & sweetened berries

Sift all dry ingredients together 3 times

+ butter - combine egg, milk & vanilla. + to flour mixture

Stirring till all flour is dampened

Beat 1 min - Bake in 2 - 8" layers

Pans at 375 - 20 to 25 min. Spread butter between layers & on top

